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Justin turning his fans into non-Beliebers

Pop star charged with assault after limo incident **PAGE 12**

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OILERS EARN SHUTOUT

Edmonton Oilers Boyd Gordon, bottom, goalie Ben Scrivens and Martin Marincin guard the net against the San Jose Sharks during the third period in Edmonton on Wednesday. The Oilers won 3-0. Story, page 33. JASON FRANSON/THE CANADIAN PRESS

Vitaminwater drinker spots 2nd cap gaffe

'PONDER RETARDS.'
Coca-Cola apologizes once again for offending an Albertan with promo



JEREMY NOLA
Metro in Calgary

Coca-Cola is facing a splash of criticism for once again having an "offensive" term printed on the cap of a Vitaminwater bottle — only this time the controversy has surfaced in Calgary.

Thousands lashed out at the beverage giant in September when Metro was first to report that Edmonton-based photographer Blake Loates had unscrewed a Vitaminwater cap to find the words "YOU RETARD" printed on it. Making the matter worse was that Loates's younger sister had been diagnosed with both cerebral palsy and autism.

On Tuesday, Calgary resident Braeden Rossell popped the lid on a lemonade Vitaminwater to find the words "PONDER RETARDS" written on the cap.

Coca-Cola has maintained the words were printed by a machine as part of a promotion to showcase Canada's

multiculturalism by pairing an English word with a French one on each bottle cap. The word "retards" in French implies lateness or a delay.

But Rossell said the error shouldn't have happened once, let alone twice.

"There's no mention on the bottle of this promotional thing," she told Metro Wednesday. "So, not knowing of the previous story, it's something you're going to take offence to. Even knowing about that now, it's still offensive."

Coca-Cola apologized to the Loates family after the initial gaffe in September and said while it did inspect all the bottle caps before shipping, they were only reviewed in the French context.

The company maintained Wednesday it had destroyed any of the caps on Vitaminwater bottles yet to be sent after the Loates family lodged a complaint, but spokesperson



The cap from a Vitaminwater bottle purchased by Calgary's Braeden Rossell on Tuesday.
COURTESY BRAEDEN ROSSELL

Shannon Denny said Coca-Cola was always aware more unfortunate word combinations could surface.

"The bottle that you're speaking of would be one that had already been produced and was just in the market from that point on," Denny said in an interview Wednesday.

"Who knows how many unfortunate combinations of words there may be out there.... We made the actions that we did to apologize for that and to make a couple of donations to recognize we were not able to get all of the bottles out of market — and some may still be out in the market."

Damage control

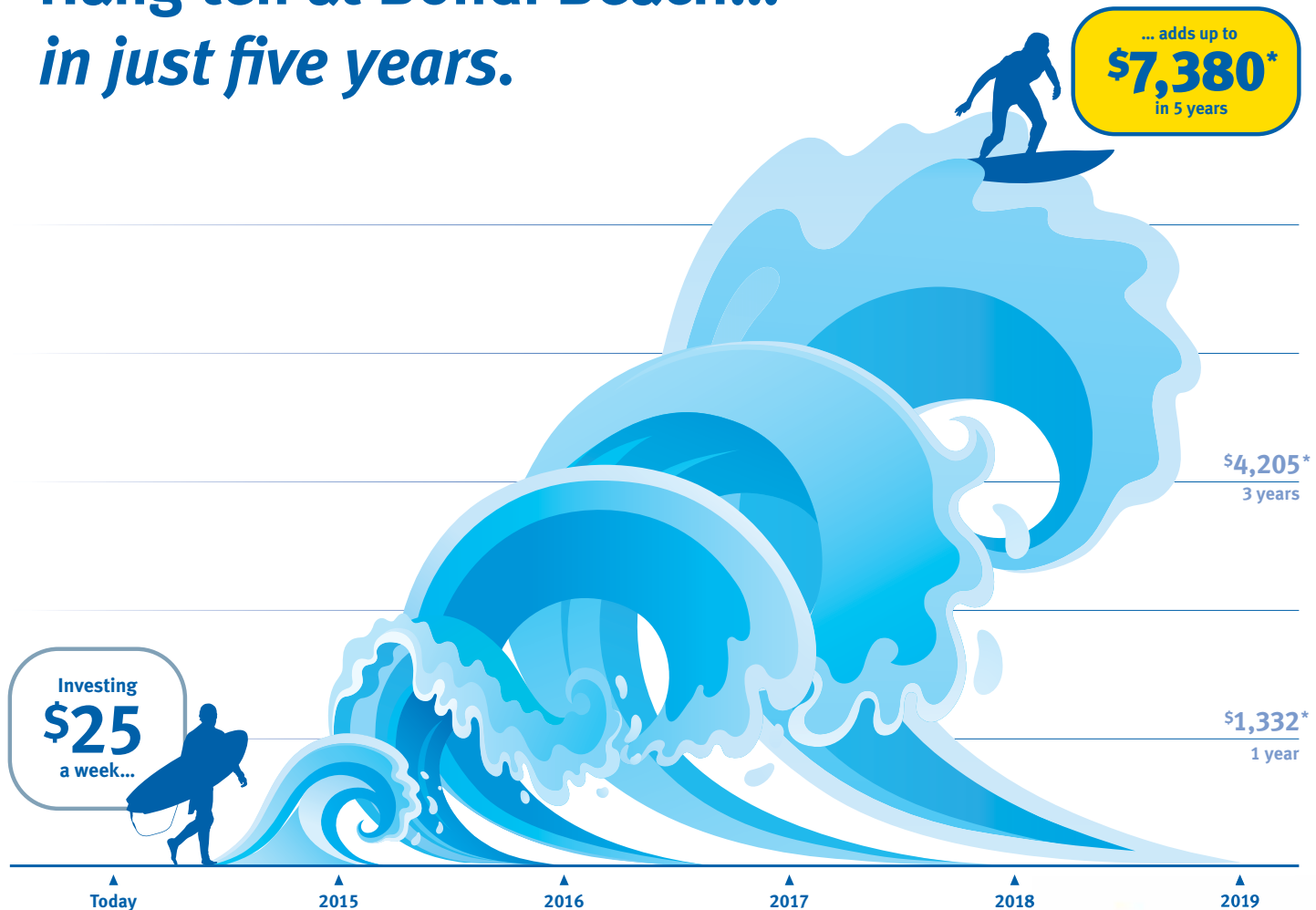
\$100K

Coca-Cola says it has donated \$100,000 to charities to make amends after the word "YOU RETARD" surfaced on a Vitaminwater bottle cap in September.



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City budget. Heavy snow dashes hope for budget surplus

Edmontonians' spirits weren't the only things crushed under the weight of heavy snowfalls last year — it appears the snow also did a number on the city's budget.

Speaking to councillors Wednesday, Lorna Rosen, the city's chief financial officer, said that a surplus — projected at \$13.1 million — was likely now gone.

"I doubt very much there is going to be a surplus to talk about," she said.

Rosen said the \$50-million snowfall budget was looking to be about \$19 million over-budget. She said while all the numbers were still not in, overall the city would be hard-pressed to finish the year without a deficit.

"We will be skating very close to the edge," she said.

When the surplus projection was discussed at council last November, Coun. Amarjeet Sohi had proposed using the money for a grind-and-fill program to repair pothole-damaged streets, but given the financial situation he withdrew that motion at council's meeting on Wednesday.

Mayor Don Iveson said it's clear the surplus the city had hoped for was likely gone, but he is hopeful other areas of the budget will balance that out. "The snow coverage has gobbled that up and more, but there may be other savings."

Rosen stressed all of the numbers were still preliminary and also noted any surplus or deficit would be very small in the big picture of the city's \$2-billion budget.

RYAN TUMILTY/METRO

City's new office shouldn't disrupt local market: Expert

Office space.
City looking for
350,000 square feet
to call home



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TUMILTY
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The city's plan to bring its staff together in a new office will have some impact on the local market, but it will be up to landlords to make the best of it.

After asking for expressions of interest last year, the city is rumoured to be close to announcing a successful bidder for 350,000 square feet of space.

Cory Wosnack, a principal with commercial real estate firm Avison Young, said when EPCOR moved into its new tower, the company's former landlord chose to invest in upgrading their old space.

"They decided to go about a strategy of investing into the development to make it more modern, make it more current and more relevant for new tenants moving into the property," he said.

Wosnack said some of the city's current landlords will be faced with the same question.

"It's going to be interesting to see what landlords will do for strategy," he said.

Wosnack said he understands completely why the



Chancery Hall on 99 Street is one of the office buildings that the city owns. The city has not decided what will happen with the building in future. RYAN TUMILTY/METRO

city wants to consolidate its staff. He said a lot of companies are also realizing that competing for labour means providing a good space for people to work in.

Jim Taylor, executive director of the Downtown Business Association, said the city's new potential tower is good news and part of a very encouraging climate.

"We could, in 2014, see as many as three new highrises under construction and that's the first time since the early 1970s or 1960s that has happened," he said.

Taylor said office towers losing the city as a tenant will have to adapt, but he's excited for the future.

"One of my key interests in downtown is to see rapid re-

vitalization, and new buildings downtown is very exciting."

Own vs. lease

The city currently houses staff in four buildings that it owns and five buildings where it leases space.

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Alberta Health Services to issue smaller performance reports

No more quarterly reports. New documents with less data will be published once, maybe twice a year, AHS says



ROBSON FLETCHER
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Alberta Health Services is changing the way it measures its own performance, in a move administrators say will bring its reporting in line with national standards but critics say is merely moving its targets after years of failing to hit them.

In the past, AHS published quarterly reports with dozens of performance measures, but the last one came out in June 2013.

AHS official administrator Dr. John Cowell said Wednesday the next set of data won't be released until July and that report will only include 16 measures, many of which will be calculated differently, too.

For example, AHS used to measure how many inpatients were admitted from the ER within eight hours,

Health spending

\$17B

Total health spending in Alberta's current budget year

with a target of 75 per cent. The actual result in 2012-13 at the 16 busiest ERs was just 45 per cent.

Now, AHS will instead measure the median time of admission from the ER, with a target of 8.5 hours.

The actual performance was 8.7 hours at those same 16 sites.

"This is not reporting in a different way to look better," Cowell said. "We're reporting in a different way because, after extensive consultation ... we had to choose a measure that was comparable and acceptable."

Wildrose seniors critic Kerry Towle, however, called the changes "disgusting" and "mind-boggling."

"Why are they trying to water down all of the performance benchmarks, other than they're not able to meet the performance benchmarks?" she said.



AHS official administrator Dr. John Cowell says the changes will bring Alberta in line with national measures and make comparisons with other provinces' health systems easier. ROBSON FLETCHER/METRO

West Edmonton house destroyed in evening fire



Police are currently investigating this fire in West Edmonton, which they believe was deliberately set. LEAH GERMAIN/METRO

Police have launched a criminal investigation following a house fire Tuesday night that burned down one west-end home and damaged two others.

Crews were called at approximately 6 p.m. Tuesday night by neighbours of a house under construction near 98 Avenue and 154 Street, said fire services spokesperson Laura Ruddock.

After arriving on scene and assessing the fire, an

Estimate

\$600K

The estimated damage for the fire is approximately \$600,000.

additional crew was called — bringing a total of 50 firefighters to battle the blaze.

Six residents were forced to evacuate one of the houses

affected by the fire, while the home where the blaze originated collapsed. No one was living in the house at the time.

"At this time our fire investigators have completed the report and have determined the cause of the fire was deliberately set," Ruddock said. "There would have been some evidence to point us in that direction in order for the investigators to make an educated call on that."

Louise Young, who lives across the street from the houses affected by the fire, called the experience gut-wrenching to see.

"First of all, the fire being so huge," Young said. "It was so scary. You worry about explosion and sparks and the fire spreading."

An EPS spokesperson said the fire is being investigated as arson, but it is unclear what was used to start the fire. LEAH GERMAIN/METRO



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Hanging TUFF. Edmonton festival to feature films that are gone in 60 seconds

Got a minute? That's all transit users will need for a new Edmonton film festival coming this fall.

Edmonton will be the second Canadian city to unveil one-minute film, videos and animation on public transit as part of the festival, which premiered in Toronto.

Making use of the newly installed Pattison Onestop television screens in transit stations, films from Edmonton artists will air as part of the festival scheduled for Sept. 15-21.

"The program will emphasize ... local work. Fifty per cent of the program will be locally generated media artwork," said Beth Wishart MacKenzie, festival co-ordinator with Film and Video Arts Society of Alberta.

Entering its eighth year, the Toronto Urban Film Festival (TUFF) films screen every



10 minutes on 300-plus digital screens on subway platforms at 63 subway stations across Toronto.

Shorts in Edmonton will also be screened online at the festival's website and at a location near a public transit station that has yet to be decided, said organizers.

STEPHANIE DUBOIS/METRO

RCMP. Top Mountie: I've always been treated with 'a great deal of respect'

Alberta's first top-ranking female RCMP officer says she has always been treated with respect as a gay officer in the force.

While the RCMP have been rocked by allegations of harassment in recent months and face several lawsuits, newly appointed Assistant Commissioner Marianne Ryan said she has been treated well.

She choked back tears Wednesday as she thanked her partner during a change-of-command ceremony in Edmonton.

"I'm very fortunate to be able to say the RCMP has always treated me with a great deal of



respect," she told reporters.

THE CANADIAN PRESS



Breast is best for feeding babies

One pump can change lives. Co-ordinator of breast milk bank says 'you can see the difference in the babies'

At more than \$4 an ounce, breast milk may be considered a pricey drink, but for preemies at Grey Nun Hospital, the health benefits are priceless.

Mothers like Brooke Grieve, who recently gave birth to

premature twins, said the option to give new babies breast milk collected through a milk bank rather than formula a no-brainer.

"I would much rather prefer my children be on breast milk rather than formula," said Grieve, whose children received breast milk from the Alberta Breast Milk Bank until her own milk came in. "We went with donor milk for four or five days."

Just shy of two years old, the hospital's breast milk bank

has made a huge difference in the early lives of premature babies, said bank co-ordinator Sheri McKenzie.

"You can see the difference in the babies," said McKenzie about the infants who received milk from the bank. "The tubes are not staying in as long, the discharge is quicker and they're not in hospital as long."

"There is definite return on investment with this," she said.

Fiona Dong is one of Al-


berta's 150 breast milk donors, and said she was motivated to give her breast milk after she saw her friend's struggle.

"My best friend gave birth in September and her daughter was in (NICU) for a bit," Dong explained. "She wasn't able to produce milk and the doctor told her it's best to have mother's breast milk."

After giving birth in November, Dong now feeds her newborn son as well as pumping milk for the milk bank.

LEAH GERMAIN/METRO

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Infanticide

Mother who threw infants in garbage gets 18 months

A woman who tossed three of her newborns into the garbage has been given 18 more months in jail and faces three years of probation.

Meredith Borowiec, 32, gave birth in 2008 and 2009, but the babies' bodies have

never been found. A third child born in 2010 survived when the baby's father unknowingly helped pull the infant out of a neighbourhood trash bin in Calgary after a passerby heard cries.

Borowiec was convicted on two counts of infanticide and one count of aggravated assault. "You've shocked the community and you've shamed yourself. This is a terrible case," said Justice Peter McIntyre. **THE CANADIAN PRESS**

Remand Centre

Three inmates charged following murder in cell

Three inmates have been charged in connection to a Christmas Eve murder at the Edmonton Remand Centre.

Grant Lewis, 31, and Ryan Prystay, 30, have been charged with first-degree

murder, while Matthew Anderson, 29, has been charged with accessory after the fact to murder.

The victim, Curtis Dale Hill, 34, died from injuries related to blunt-force trauma Christmas Eve.

Witnesses told police an altercation took place in an inmate's cell. Shortly after paramedics were called to the scene, Hill was pronounced dead.

METRO

Community rink still in need of more funds

Downtown arena. Proposal relying on government support



RYAN TUMILTY
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The proposed community rink in the new downtown arena complex is still without committed funding and at least one city councillor is concerned it isn't coming.

The \$21-million facility is part of the arena complex and the city has proposed it would be paid for with \$7 million each from the city, the province and the federal government.

As well as housing community teams and hockey teams from Grant MacEwan, the rink is proposed as an occasional practice facility for the Oilers.

Coun. Mike Nickel told fellow councillors that he has heard from other politicians that they don't want to support a professional sports team.

"My conversations with various (members of parliament) and other types has been very clear," he said.

Nickel said they want assurances that the community will come first in the project.

"They are looking for some sort of plan or some sort of guarantee," he said.

Mayor Don Iveson said this shouldn't be a major issue, because any time the Oilers do use the community rink they will have to pay for it.

"The Oilers would be paying market rents, no subsidy whatsoever, so that shouldn't be an issue," he said.

Coun. Scott McKeen, who represents the area, said the community rink is important for making downtown more vibrant.

"There are not a lot of recreation facilities in the area, so this to me represents a great opportunity," he said.

Making the core of the city more attractive to families is critical to curbing urban sprawl, said McKeen, adding this is just one way to help meet that goal.

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A conceptual drawing shows the proposed community rink. CONTRIBUTED

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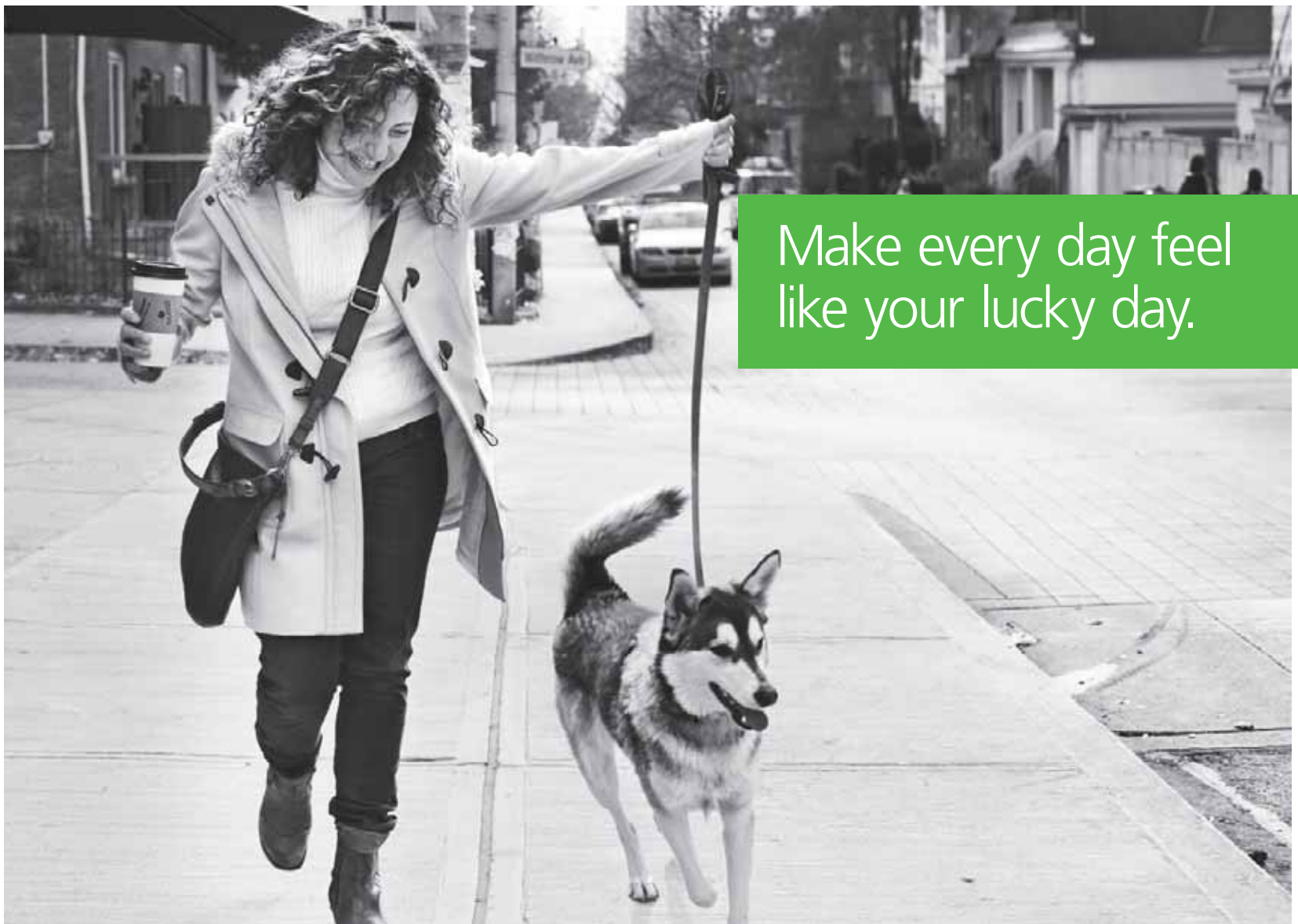
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Culinary arts students cultivate eat-local trend

Sustainability. Chefs-in-training learning to grow own products



STEPHANIE DUBOIS
stephanie.dubois@metronews.ca

NAIT Culinary Arts students are cooking up some fine herb in the kitchen thanks to state-of-the-art technology at the school.

Organic greens like basil and cilantro are grown at the school's Urban Cultivator, a commercial-size appliance that allows students and staff to grow herbs at an increased rate.

By the numbers

7-10

It takes on average seven to 10 days for herbs to grow in the school's Urban Cultivator.

With a growing trend of eating local and organic foods, students at the school are learning to embrace new technology and diet trends in the classroom early in their training.

"We're learning to look at the big nutritional things and try to get used to everybody's diet. In my class today ... we're learning lentils, peas and beets just to get used to different diets like celiac disease," said Kayla Miles, first-year culinary student.

Curriculum changes over the last few years are accommodating the eating-local awareness with consumers by discussing topics such as using local products where possible to incorporating organic food practices.

"When we talk about sustainability of food ... this is something future chefs are going to be faced with so they have to be able to use technology to supplement the lack of farmland, use of pesticides and so forth," said Hong Chew, NAIT Culinary Arts instructor.



First-year Culinary Arts NAIT student Cameron Moyes readies herbs for a special lunch at the school on Wednesday. STEPHANIE DUBOIS/METRO

Sex slavery. Edmonton police take part in national survey drive

26 forces took part

Edmonton police officers were part of a two-day blitz that interviewed women and girls across the country.

Called Operation Northern Spotlight, the survey interviewed women across Canada on Jan. 22 and 23 to learn more about how they became involved with the sex industry, while learning more information on local clients and adult male controllers or pimps.

The targeted blitz involved a total of 26 police forces across the country — including Calgary's police services — who were all part of the survey that involved 330 women in more than 30 different cities and towns.

STEPHANIE DUBOIS/METRO WITH FILES FROM TORSTAR NEWS SERVICE

Privacy vs. information

Changes coming to what can be reported about deaths of Alberta kids in care

Alberta's human services minister says the government will expand what can be reported about the deaths of children in care.

Manmeet Bhullar says the changes will be made regardless of recommendations that come out of a discussion on the topic this week.

Experts have been talking about how to balance the needs of privacy while also informing the public about how and why children die in care.

THE CANADIAN PRESS

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CBC



Mohamed Fahmy, left, the Egyptian-Canadian journalist being detained in Cairo, was charged Wednesday with being part of a terrorist group. HANDOUT/THE CANADIAN PRESS

Jailed journalist in Cairo faces trial on terrorism charges

Desperate situation.

Family appeals to Ottawa for help

The family of an Egyptian-Canadian journalist imprisoned in Cairo issued an urgent appeal for Ottawa's help Wednesday, as they learned the man had abruptly been charged with being a member of a terrorist group.

Mohamed Fahmy was among 20 employees of satellite news broadcaster Al Jazeera who were charged with several offences in what's believed to be the first time Egypt has referred journalists to trial for terrorism.

Fahmy was charged with using illegal equipment, broadcasting false news that endangered national security and being a member of the Muslim Brotherhood, a group Egypt's military-led government has branded a terrorist

organization, his family said.

"It's become a very desperate situation," Fahmy's brother Adel told The Canadian Press.

"We are very proud Canadian citizens. We became Canadian citizens because we know that Canada is the most decent country and always protects its people. We need the Canadian government to save my brother."

Mohamed Fahmy and his two colleagues — Australian Peter Grete and Egyptian Baher Mohamed — were taken into custody on Dec. 29 at a hotel room in Cairo where they were working after authorities raided the offices of Al Jazeera English.

Egyptian authorities characterized the arrest as part of a crackdown on the Muslim Brotherhood, and depicted Al Jazeera as being biased towards former Islamist president Mohammed Morsi — who was ousted by

Canadian response

Canadian officials have said they are providing consular services to Fahmy and his family and have raised this case with senior Egyptian officials.

the military in July — and his Muslim Brotherhood-led supporters.

Al Jazeera, which no longer has journalists reporting in Egypt, has denied any bias and decried the latest developments.

"The world knows these allegations against our journalists are absurd, baseless and false," a spokesman said. "This is a challenge to free speech, to the right of journalists to report on all aspects of events, and to the right of people to know what is going on." **THE CANADIAN PRESS**

Heroin Happy Meals? McDonald's employee busted for selling heroin

An employee of a McDonald's restaurant in Pittsburgh was charged Wednesday with selling heroin in child-oriented Happy Meals to customers using the coded request "I'd like to order a toy."

Authorities made the arrest after an informant told them that an employee was selling the drug.

Customers looking for heroin were instructed to go through the drive-thru and say, "I'd like to order a toy," said Mike Manko, spokesman for District Attorney Stephen A. Zappala Jr.

The customer would then drive to the window, hand over the money and get a Happy Meal box containing heroin in

exchange, Manko said.

Undercover agents set up a drug buy and arrested Shania Dennis, 26. Dennis denied wrongdoing to reporters as she was led away in handcuffs.

Authorities said they found 10 bags of heroin in a Happy Meal box and recovered another 50 bags from the suspect.

THE ASSOCIATED PRESS

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Bieber turns himself in to police in connection with assault charge

Another run-in with the law. Singer is back in the spotlight, but not for his music

Justin Bieber has been charged in Toronto with assault after police allege he hit a limousine driver several times in the back of the head.

Bieber was charged with one count of assault and is scheduled to appear in court in Toronto on March 10.

Police allege Bieber was one of six people who were picked up by a limousine from a nightclub in the early morning hours of Dec. 30, and there was an altercation while en route to a hotel.

Police officers escorted Bieber through a frenzied throng of media and fans

Bad-boy phase

"Not exactly street-cred bad boy. There is kind of a juvenile quality to the whole thing."

Bob Thompson, director of the Bleier Center for Television and Popular Culture at Syracuse University

to a Toronto police station Wednesday night where the pop star surrendered in connection with the alleged assault.

Hundreds of fans, spectators and photographers braved the biting cold to greet the 19-year-old singer, who emerged from a black SUV Wednesday night. Fans screamed "Justin," as he was led to the side entrance of Toronto Police Service's 52 Division headquarters.

"He's done some bad stuff, but I forgive him,"

said Boubacar Diallo, 12, who waited outside the police station to see the singer. "He just needs to think before he acts."

Others showed up for the possibility of a show.

"He should be charged, he's a wreck," said Peter Esper, 18. "He deserves to be punished. He's a bad name for the country."

Bieber's manager, Scooter Braun, tweeted Wednesday evening asking people to "stop passing judgment."

Bieber pled not guilty in Florida after Miami police charged him with driving under the influence, resisting arrest and carrying an expired licence. That sparked a petition on the White House website calling on the U.S. government to deport Bieber. More than 138,000 people have signed it.

**TORSTAR NEWS SERVICE
WITH FILES FROM THE CANADIAN PRESS**



Canadian musician Justin Bieber is swarmed by media and police officers as he turns himself in to city police in Toronto on Wednesday night. NATHAN DENETTE/THE CANADIAN PRESS

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Sochi organizer promises a safe Olympics

Countdown. Head of the Sochi Olympics is determined to show the world that the Games will be a huge success

Nine days before the opening ceremony, organizing committee chief Dmitry Chernenko said Wednesday that Sochi is “fully ready” and will deliver safe, friendly and well-run Games that defy the grim reports that have overshadowed preparations.

“History will be made,” he said of Russia’s first Winter Games.

With Sochi facing threats of terrorist attacks from insurgents from the North Caucasus, Chernenko said the

city is the “most secure venue at the moment on the planet” and promised that tight security measures will not detract from the atmosphere of the Games.

Russia is deploying more than 50,000 police and soldiers to guard the Olympics.

A Muslim militant group claimed responsibility for back-to-back suicide bombings that killed 34 people in Volgograd in

late December and have threatened attacks on the Games.

“You will see thousands of (security) people around but it’s important to understand that the Olympics is a global event and the security is also a global multi-national event and state authorities are doing (their) utmost to deliver Sochi as safest for everyone,” Chernenko said.

THE ASSOCIATED PRESS



Russian police patrol with their dogs inside the Olympic Park as preparations continue for the 2014 Winter Olympics on Wednesday in Sochi. THE ASSOCIATED PRESS

I'm with stupid. Scientists find human DNA contains Neanderthal genetics

Next time you call someone a Neanderthal, better look in a mirror. Many of the genes that help determine most people's skin and hair are more Neanderthal than not, according to two new studies that look at the DNA fossils hidden in the modern human genome.

About 50,000 years ago, modern-day humans migrated out of Africa north to Europe and East Asia and met up with furrow-browed Neanderthals that had been in the colder climates for more than 100,000 years. Some mated, and then the Neanderthals died off as a species.

Scientists isolated the parts of the modern human genetic blueprint that still contain Neanderthal remnants. Overall, it's barely more than one per cent, said two studies released Wednesday in the journals *Nature* and *Science*.

However, in some places, such as the DNA related to the skin, the genetic instructions are as much as 70 per cent Neanderthal and in other places there's virtually nothing from the species that's often portrayed as brutish cavemen.

The difference between where Neanderthal DNA is



A reconstructed Neanderthal skull at the Museum of Natural History in New York City. THE ASSOCIATED PRESS

plentiful and where it's absent may help scientists understand what in our genome “makes humans human,” said University of Washington genome scientist Joshua Akey, lead author of the paper in *Science*.

Akey said one of the most interesting parts in comparing human and Neanderthal genomes is where we don't see any caveman influence, such as in areas connected to genes that determine speech and communication. This fits with theories that lack of communication skills hurt Neanderthals and speech ability was a distinctly human advantage, he said. THE ASSOCIATED PRESS

Science

Researchers turn ordinary mice cells into stem cells

A simple lab treatment can turn ordinary cells from mice into stem cells, according to a surprising study that hints at a possible new way to grow tissue for treating illnesses like diabetes and Parkinson's disease.

Researchers in Boston and Japan exposed cells from spleens of newborn mice to a more acidic environment than they're used to. In lab

tests, that turned them into stem cells, showing enough versatility to produce the tissues of a mouse embryo, for example.

“It's very simple to do. I think you could do this actually in a college lab,” said Dr. Charles Vacanti, an author of two papers published online Wednesday by the journal *Nature*.

Scientists hope that by making stem cells from the patient, they can get around the problem of transplant rejection.

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Liberal Leader Justin Trudeau speaks about the Senate and Liberal senators during an announcement in the foyer of the House of Commons Wednesday on Parliament Hill in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

Suddenly 'set free' Liberal senators test their freedom

If it walks like a duck ... Former Liberal legislators say they will style themselves as the Liberal Senate caucus

Justin Trudeau handed out pink slips to Liberal senators Wednesday, kicking them out of the party's caucus.

The surprise move — announced moments after Trudeau personally informed all 32 of them that they are now “formerly Liberal senators” — is aimed at reducing par-

tisanship and restoring the Senate's intended role as an independent chamber of sober second thought.

“There are no more Liberal senators,” Trudeau told a news conference on Parliament Hill immediately after leaving the senators to mull over the implications of his decision.

After the initial shock wore off, the senators emerged from a meeting declaring that they'd been “set free” and praising Trudeau for his bold move. They immediately used their new freedom to contradict Tru-

deau's assertion that they can no longer designate themselves as “Liberal” senators. And they went further off script by suggesting the move actually won't change much in the upper house.

The confusion allowed Stephen Harper to slough off Trudeau's challenge to follow the Liberal lead and similarly cut loose the 57 Conservative senators. “I gather the change announced by the leader today is that unelected Liberal senators will become unelected senators who happen to be Liberal,” Harper scoffed.

NDP Leader Tom Mulcair noted that Trudeau voted against an NDP motion last October which called on both the Liberals and Conservatives to cut their senators loose.

THE CANADIAN PRESS

Still Liberals

“We have agreed that we will style ourselves as the Liberal Senate caucus.”

James Cowan, leader of the official Opposition in the Senate, pointing out that senators will remain Liberal party members and continue to be friends with elected Liberal MPs.

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A protester puts homemade steel plates on his chest as he prepares to leave the Agriculture Ministry in Kyiv, Ukraine, Wednesday. One group of protesters clashed with another Wednesday in a bid to free a government building in the centre of Kyiv, which they had seized. At least two protesters were injured. The Svoboda party, which represents more moderate protesters, tried to force members of the more militant Spilna Sprava group to vacate the Agriculture Ministry building as part of a compromise with the government. EFREM LUKATSKY/THE ASSOCIATED PRESS

Ukraine thinks about amnesty with conditions

Holdings. Protesters have established a large tent camp in the main square of Kyiv, called the Maidan

Ukraine's parliament discussed an amnesty Wednesday for those arrested during weeks of protests in the crisis-torn country — but some of the possible conditions attached to it would be unacceptable to the opposition.

Quoted

"They have set a number of conditions, and the key condition under the draft bill is to let the Maidan go and only afterwards all protesters will get an amnesty.... This is unacceptable for us."

Opposition leader Arseniy Yatsenyuk

The amnesty bill is part of a series of concessions from embattled President Viktor Yanukovich, after a week of street clashes between police and protesters and protesters' seizure of government buildings in western Ukraine. The prime minister has resigned and harsh anti-protest laws have been recalled but those moves did not address the protesters' other key demands that Yanukovich resign and early elections be held.

Two amnesty proposals were up for a parliamentary vote Wednesday, one of which says amnesty would be granted only if demonstrators leave their massive street protests and vacate buildings they now occupy. Parliament was also discussing a political reform, sought by the opposition, which would strengthen the government at the expense of the presidency.

Opposition leader Arseniy Yatsenyuk said the protesters will not agree to leave the streets in exchange for an amnesty and wanted the condition dropped.

THE ASSOCIATED PRESS

At home

Calling on Canada

Ukrainian Canadians and opposition MPs are calling on the Harper Conservatives to impose sanctions on Ukraine's government in response to the ongoing crack-down on protests in that country. On Tuesday, Foreign Affairs Minister John Baird announced that senior Ukrainian officials would be barred from entering Canada. The move was in response to violent clashes between protesters and police in Ukraine. A few dozen people held a demonstration today in Ottawa in solidarity with the Ukrainian protests. They called on the Harper government to go further than symbolic measures, and impose economic sanctions against Ukraine's political class.

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Ford sued over alleged link to prison assault

Statement of claim.

Ex-boyfriend of Ford's sister says he was beaten in jail to keep him silent about Toronto mayor's 'unsavoury activities'



Toronto Mayor Rob Ford ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Toronto Mayor Rob Ford is being sued by his sister's ex-boyfriend, who alleges Ford conspired to have him attacked in jail to prevent his illicit behaviours from becoming public.

Scott MacIntyre alleges in the statement of claim filed Wednesday that the mayor arranged for jail staff to facilitate the beating. Video surveillance in the area had been "inexplicably disabled" before the attack and the guards stationed to watch the area didn't come to his aid, MacIntyre alleges.

MacIntyre went to jail in 2012 after being charged with threatening the mayor, for saying he would expose his "unsavoury activities," MacIntyre

says in his statement of claim.

It was there in March 2012 that he was brutally beaten, more than a year before reports on the existence of a video appearing to show the mayor smoking crack cocaine.

"Ford's drug and alcohol abuse, and his association with criminals to facilitate his drug abuse ... are long-standing," MacIntyre writes in his statement of claim. "Ford was anxious that these matters should remain undiscovered."

The allegations are "without fact or foundation," Ford's lawyer Dennis Morris said.

MacIntyre alleges Ford conspired with Payman Aboodowleh, who coached high school football with Ford, to have one of their former players, who was also in jail at the time, attack him.

The former player, Aedan Petros, was among various inmates who told MacIntyre to "keep his mouth shut," once he was sent to jail, MacIntyre alleges.

The suit also names Ontario's Ministry of Correctional Services, which is responsible for the province's jails, Aboodowleh and Petros.

MacIntyre is seeking \$1 million in damages from all of the defendants, plus \$100,000 from each of them for aggravated, punitive and penal damages. He is also seeking another \$100,000 from the ministry, who he alleges breached his charter right to life, liberty and security of the person.

THE CANADIAN PRESS

U.S. South snarled by seldom-seen snowstorm



1 Gimme shelter. Finding refuge down on the pharmacy

People take shelter at a pharmacy in Atlanta Wednesday as a rare snowstorm left thousands in the U.S. South frozen in their tracks. Workers slept in offices, students camped in schools and drivers abandoned cars. JAIME SARRIO/ATLANTA JOURNAL-CONSTITUTION/THE ASSOCIATED PRESS

2 Highway star. Stranded drivers get roadside assistance

Kevin Moore hands out snacks and water to a stranded motorist on Interstate 285 Wednesday in Dunwoody, Ga. Georgia Gov. Nathan Deal said Wednesday that the National Guard was sending military vehicles onto Atlanta's freeway system to move stranded school buses and get food and water to people. BRANDEN CAMP/THE ASSOCIATED PRESS

3 Going nowhere. Trucks trapped on tricky trails

Traffic is at a standstill on Interstate 65 as officials work to clear abandoned vehicles Wednesday in Hoover, Ala. The snowstorm deposited mere inches of snow, but the South saw 1,000 fender-benders, with at least six people dying in accidents. HAL YEAGER/THE ASSOCIATED PRESS

4 All downhill. The weather isn't toboggan them down

Marines assigned to Camp Lejeune, Jacksonville, ride in a makeshift toboggan Wednesday. It was uncertain when highways would thaw, as temperatures were not expected to be above freezing for very long. JOHN ALTHOUSE/THE DAILY NEWS/THE ASSOCIATED PRESS

5 Freedom of beach. Who's up for volleyball ... or skiing?

Women take in the wintry mix at Wrightsville Beach, N.C., Wednesday. Southern hospitality was on offer during the storm, with people taking to social media to offer guest rooms, fire stations, churches and park gymnasiums to those needing a warm place to stay. MIKE SPENCER/THE STAR-NEWS/THE ASSOCIATED PRESS

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Top spy says Syrian terror group plans to attack U.S.

The al-Nusra Front.

Foreigners reportedly being trained to return home and cause havoc

The Syrian militant group tied to al-Qaida, the al-Nusra Front, wants to attack the United States and is training a growing cadre of fighters from Europe, the Mideast and even the U.S., the top American intelligence official told Congress on Wednesday.

Director of National Intelligence James Clapper told the Senate Intelligence Committee that such al-Qaida groups in Syria have started camps "to train people to go back to their countries."

He said "al-Nusra Front, to name one does have aspirations for attacks on the homeland."

Clapper didn't elaborate or offer any evidence.

He said more established groups like Yemen's al-Qaida in the Arabian Peninsula are

North Korea

Nuke threats real: Report

North Korea has followed through on its threat to advance its nuclear-weapons program — expanding a uranium enrichment facility and restarting a reactor — James Clapper said Wednesday, while a research institute pointed to signs the country is preparing to launch bigger rockets.

THE ASSOCIATED PRESS

still more capable of carrying out attacks against the U.S., but described steep growth in numbers of fighters in Syria.

Clapper said out of an estimated 75,000 to 110,000 rebels battling the government in Syria, some 26,000 are extremists, and about 7,000 of them are foreigners.

THE ASSOCIATED PRESS

East Asia

Historical grudges derail UN debate

The tensions gripping East Asia flared Wednesday at a UN Security Council debate on war and peace.

China, along with North and South Korea, blamed Japan for the deepening animosity and lambasted Japanese Prime Minister Shinzo Abe's visit to a shrine where convicted

Second World War criminals are buried. Japan insisted it has atoned for its past and rebuked its neighbours for raising their grievances in an open forum with envoys of more than 50 countries present.

An emerging consensus among diplomats was the need to reconcile conflicting historical narratives, which Jordan's ambassador said "can often lie in wait, like dry gunpowder, for a long time." THE ASSOCIATED PRESS

Iraq

Twenty dead in a day in Baghdad

Car bombs and a shooting, mainly in Shiite areas, killed 20 people in the Iraqi capital on Wednesday, officials said.

Police said the deadliest attack took place when two car bombs went off almost simultaneously in separate streets in northern Baghdad, killing nine and wounding 19.

A car bomb blast near a

small restaurant in eastern Baghdad also killed four people and wounded 13 others, said police.

Earlier, a car bomb exploded near a pastry shop in the southeast, killing five people and wounding 13 others.

Also in southeastern Baghdad, gunmen in a speeding car opened fire randomly on pedestrians in a Christian-Shiite neighbourhood, killing two people and wounding five others, said police.

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Ensuring hard work pays off

U.S. President Barack Obama speaks about raising the minimum wage on Wednesday at a Costco in Lanham, Md., the day after his state of the union address. Later, at a U.S. Steel Corp. plant outside Pittsburgh, Obama signed an order to create starter retirement accounts that could be opened with as little as \$25 — but acknowledged there's a limit to what he can do without congressional action. CHARLES DHARAPAK/THE ASSOCIATED PRESS

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Monarch butterflies gather on a tree near Angangueo, Mexico. The number of monarch butterflies wintering in Mexico has plunged to its lowest levels since studies began in 1993. KRISTEN LUCE/THE ASSOCIATED PRESS

Migration of the monarch in peril

Mexico. Report blames shrinking food supply, genetically modified crops as catalysts for drop in numbers

The stunning and little-understood annual migration of millions of monarch butterflies to spend the winter in Mexico is in danger of disappearing, experts said Wednesday, after numbers dropped to their lowest level since record-keeping began in 1993.

Their report blamed the displacement of the milkweed the species feeds on, on genetically modified crops and urban sprawl in the United States, extreme weather trends and the dramatic reduction of the butterflies' habitat in Mexico due to illegal logging of the trees they depend on for shelter.

After steep and steady declines in the previous three years, the black-and-orange butterflies now cover only 0.67 hectares in the pine and fir forests west of Mexico City,

compared to 1.19 hectares last year, said the report released by the World Wildlife Fund, Mexico's Environment Department and the Natural Protected Areas Commission. They covered more than 18 hectares at their recorded peak in 1996.

Because the butterflies clump together by the thousands in trees, they are counted by the area they cover.

While the monarch is not in danger of extinction, the decline in their population now marks a statistical long-term trend and can no longer be seen as a combination of yearly or seasonal events, experts said.

The announcement followed on the heels of the 20th anniversary of the North American Free Trade Agreement, which saw the United States, Mexico and Canada sign environmental accords to protect migratory species such as the monarch. At the time, the butterfly was adopted as the symbol of trilateral co-operation.

"Twenty years after the signing of NAFTA, the monarch migration, the symbol of the three countries' co-operation, is

at serious risk of disappearing," said Omar Vidal, the World Wildlife Fund director in Mexico.

Lincoln Brower, a leading entomologist at Sweet Briar College in Virginia, wrote that "the migration is definitely proving to be an endangered biological phenomenon."

"The main culprit," he wrote in an email, is now genetically modified "herbicide-resistant corn and soybean crops and herbicides in the USA," which "leads to the wholesale killing of the monarch's principal food plant, common milkweed."

While Mexico has made headway in reducing logging in the officially protected winter reserve, that alone cannot save the migration, wrote Karen Oberhauser, a professor at the University of Minnesota.

She noted that studies indicate that the U.S. Midwest is where most of the butterflies migrate from.

Extreme weather — severe cold snaps, unusually heavy rains or droughts in all three countries — have also apparently played a role in the decline. **THE ASSOCIATED PRESS**

A winter retreat

It's unclear what would happen to the monarchs if they no longer made their annual trek to Mexico in what is the world's biggest migration of monarch butterflies and second-largest insect migration globally, after a species of dragonfly in Africa.

- **An abundant bug.** There are monarchs in many parts of the world so they would not go extinct.

- **Cold facts.** The butterflies can apparently survive year-round in warmer climates, but populations in northern United States and Canada

would have to find some place to spend the bitter winters.

- **Plan B?** While a smaller migration route to the California coast is on the decline, the monarchs now appear to be wintering along the U.S. Gulf Coast, experts say.

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NEWS

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THURSDAY, JANUARY 30 2 PM TO 10 PM CELEBRATE RUSSIAN CULTURE

2 pm to 9 pm: Food, Displays & Entertainment

6 pm to 7 pm: Artist in Residence Demo

6 pm to 8 pm: Kids Crafts - AMA Igloo

7 pm to 8 pm: Broomball

8 pm to 10 pm: Free Skating

FRIDAY, JANUARY 31 2 PM TO 10 PM CELEBRATE LATVIAN CULTURE

2 pm to 9 pm: Food & Displays

6 pm to 8 pm: Colin Close - EDHS Cultural Marketplace

6 pm to 8 pm: Kids Crafts - AMA Igloo

7 pm to 9 pm: Winning Edge Figure Skating Demo - IOW ODR

7 pm to 9 pm:

Frozen Friday Karaoke - Northlands Stage - Bohemian Rhapsody Alert!

9 pm to 10 pm: Free Skating

SATURDAY, FEBRUARY 1 10 AM TO 10 PM CELEBRATE DUTCH CULTURE

10 am to 9 pm: Food & Displays

10 am to 2 pm:

Kids Crafts and Storytelling with Edmonton Public Library - AMA Igloo

10 am to 2 pm: Free Skating

Noon to 4 pm: Kids' Games in the Park

1 pm to 2 pm: Zumba for the Family - ATCO Stage

1 pm to 4 pm: Old Strathcona Sleigh Ride Shuttle

2 pm to 3 pm, 4 pm to 5 pm: Dirt Road Angels

Edmonton Speed Skating Assoc. Demo

3 pm to 4 pm: Free Skating

5 pm to 6 pm: MEC Winter Running Demo - ATCO Stage

5 pm to 10 pm: Free Skating

7 pm to 9 pm: Boogie Patrol - Northlands Stage - Wear Your Dancing Boots!

SUNDAY, FEBRUARY 2 10 AM TO 10 PM CELEBRATE CANADA

10 am to 9 pm: Food & Displays

Noon to 4 pm: Kids' Games in the Park

1 pm to 2 pm: Lulu Lemon Frozen Yoga - ATCO Stage

1 pm to 2 pm: Jay Gilday - EDHS Cultural Marketplace

1 pm to 4 pm: Old Strathcona Sleigh Ride Shuttle

2 pm to 3 pm, 4 pm to 5 pm: Frantically Atlantic - Northlands Stage

2 pm to 3 pm: Figure 8 Skating Demo

3 pm to 4 pm: Patrick Dunn - EDHS Cultural Marketplace

3 pm to 4 pm: Free Skating

4 pm to 5 pm: Figure 8 & Winning Edge Performance

5 pm to 6 pm: MEC Layering Basics - ATCO Stage

5 pm to 10 pm: Free Skating

6 pm to 9 pm: Fire & Ice Extravaganza

Aboriginal Drummers

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U.S. man facing life sentence for shooting rampage

Michigan. Raulie Casteel convicted of terrorism, assault



Raulie Casteel testifies in a Howell, Mich. courtroom on Jan. 27.
LISA ROOSE-CHURCH/THE ASSOCIATED PRESS

A man who spread fear across Michigan state by firing at about two dozen vehicles near a busy highway was convicted of terrorism Wednesday as a jury rejected his claim that the shootings were the impulsive result of wild, uncontrolled delusions and paranoia.

The jury deliberated over two days before returning a verdict against Raulie Casteel, 44, who faces up to life in prison when he returns to court on March 3.

Testifying in his own de-

fence, Casteel admitted that he repeatedly fired his gun at vehicles in four counties near a busy highway between Lansing and Detroit, over a three-day period in October 2012.

No one was hurt, but the hunt for a gunman dominated headlines for days, persuading travellers to change their

habits and even forcing many schools to keep children inside at recess.

Casteel, a geologist, told jurors Monday that he was consumed with anxiety while in traffic, most likely from undiagnosed delusions. He said he believed drivers were part of a government conspiracy against him.

In a separate but related case, Casteel is due in court on Tuesday to be sentenced for shootings that occurred in another county. He pleaded no contest but mentally ill to assault and firearms charges last year and faces up to 12 years in prison.

No terrorism charge was filed by the county prosecutor there. **THE ASSOCIATED PRESS**



Is the governorship Donald's next deed?

Billionaire, real estate mogul and reality TV star Donald Trump is toying with the idea of challenging New York Gov. Andrew Cuomo, saying the state's high taxes and tight gun-control laws make the Democratic incumbent vulnerable. "I believe, and many people believe, I'm the only Republican who can win. I think I would win easily," Trump said. **RICHARD DREW/THE ASSOCIATED PRESS**

Iran

UN inspectors visit uranium mine

A group of UN inspectors visited a key uranium mine in southern Iran on Wednesday, as part of a deal to allow expanded monitoring of the country's nuclear sites.

Nuclear spokesman Behrouz Kamalvandi told the official IRNA news agency that the three-member team from the UN nuclear watchdog — the International Atomic Energy Agency — inspected

the Gachin uranium mine, 50 kilometres west of the southern port city of Bandar Abbas.

Iran and the IAEA struck a deal Nov. 11 in Tehran granting UN inspectors wider access to Iran's nuclear facilities. The deal was parallel to an agreement reached with world powers Nov. 24 in Geneva to have Iran halt its most sensitive uranium enrichment activities in return for an easing of Western sanctions over its controversial program. **THE ASSOCIATED PRESS**

Kenya

Coup plotters granted asylum

Seven men detained for allegedly plotting a coup in South Sudan were flown to Kenya and granted political asylum, President Uhuru Kenyatta said Wednesday.

The breakthrough is expected to foster negotiations to end the South Sudan conflict that has killed thousands and driven 700,000 people from their homes. **THE ASSOCIATED PRESS**

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Will nine be lucky number for Target?

From the double ring to bull's-eye? Despite missing the mark in Canada, the U.S. retailer is still aiming for success, opening nine new stores

Target plans on opening nine more stores in Canada this year.

The U.S.-based retailer said Wednesday it will open two locations in Mississauga, Ont., and one store each in Toronto, Ottawa and Barrie, Ont.

Stores will also be added in Edmonton, Victoria, Winnipeg and Candiac, Que.

Five of the locations will be in former Zellers locations, while the others will be newly constructed stores.

By the end of the year, Target said it will have a total of 133 locations in Canada.

The retailer has faced high expansion costs and disappointing sales since its highly anticipated arrival in Canada last year as shoppers complained about near-empty shelves and notably higher prices than at U.S. Target stores.

Last week, the retailer



A worker installs an outdoor sign at a Target store in Nova Scotia last year. Nine more Target stores are set for Canada this year. ANDREW VAUGHAN/THE CANADIAN PRESS

said it would offer some of its Canadian customers a year of free credit monitoring after a massive security breach at its U.S. stores put confidential details into the hands of thieves.

Target emailed customers saying it believed their information may have been taken if they visited U.S. Target stores between Nov. 27 and Dec. 15.

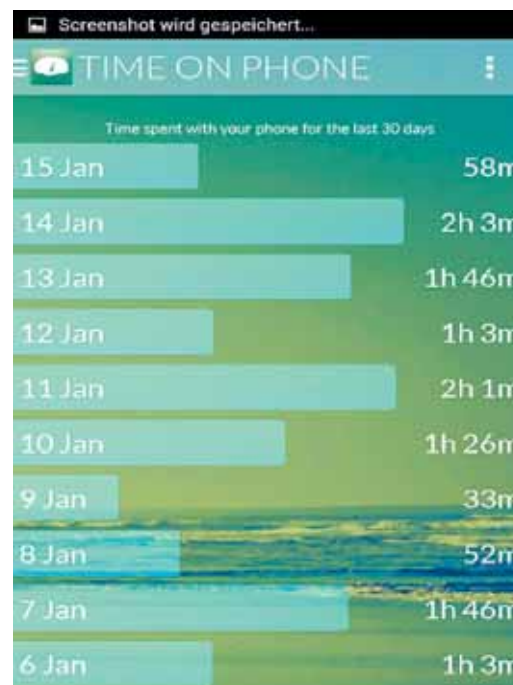
Target said an investigation found the personal information could have included the names, addresses, emails and phone numbers of some Canadians.

Unlike affected U.S. customers, who had payment data from their debit and credit cards taken, the Canadian information is limited to contact information, according to the company.

Target has said the number of Canadians affected is estimated to be "well under" one per cent of the total, which represents less than 700,000 customers.

On Wednesday, the U.S. Justice Department announced it plans on tracking down the hackers involved in the Target data breach.

THE CANADIAN PRESS



Use your phone ... to track your phone addiction

This screenshot from Mental, an app created at the University of Bonn in Germany, shows smartphone-usage figures. Psychologist Christian Montag, who worked on the project, hopes that by measuring how much time people spend on their smartphones the app will help researchers identify and deal with addiction. "This is a live discussion and this will provide data. We are seeking patterns in areas such as tolerance development and withdrawal," he says. CONTRIBUTED/METRO WORLD NEWS

Sears. Struggling retailer cuts more staff

Sears Canada Inc. has announced a round of layoffs for the second time this month, eliminating 624 workers.

The struggling company said Wednesday most of the reductions will be in middle management at Sears department stores, affecting an average of five employees per location, Sears Canada said in a release.

The company also said it will rework its regional and head office structure to reflect the latest changes and to align it with the smaller business.

Two weeks ago Sears Canada said about 1,600 positions would be affected as it moved ahead with plans to shutter its three Canadian call centres and reduce staff at its warehouses.

Sears Canada is trying to reduce costs and improve its overall business as part of a three-year turnaround plan. Last year, the company made a similar round of cuts that has lowered its overall employee count to around 20,000 people.

"The changes we are making in stores will not affect the number of front-line associates, and service to our customers will not be impacted," president and CEO Doug Campbell said in a release.

THE CANADIAN PRESS

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NSA. Angry Birds site hacked

Angry Birds creator Rovio Entertainment Ltd. says the popular game's home pages have been hacked, two days after reports that the personal data of its customers might have been accessed by U.S. and British spy agencies.

The hacking came after

documents leaked by former National Security Agency contractor Edward Snowden suggested that the NSA and Britain's GCHQ had been able to extract information through a host of smartphone apps across the globe, including Angry Birds' games. THE ASSOCIATED PRESS

Cheers for Cheerios' new ad

Cheerios is bringing back an interracial family to star in its Super Bowl ad.

They were featured in an ad last year that made headlines after it sparked ugly comments online. But the negative remarks were followed by an outpouring of support for the

fictional family, made up of a black dad, white mom and their young daughter.

General Mills, which owns Cheerios, said at the time that it cast the actors to reflect the changing U.S. population. Despite the controversy, the company continued running the ad

for several months as planned.

In the new spot set to debut during the Super Bowl, the father uses individual Cheerios to illustrate each member of the family, explaining to his young daughter that, "Pretty soon, you're going to have a baby brother." THE ASSOCIATED PRESS

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A BRIEF HISTORY OF TOUCHDOWNS

It's time for the Super Bowl, the most-watched sporting event in North America and the only reason school children still learn Roman numerals.

Super Bowl XLVIII (or 18 1/2) is coming up this Sunday and it promises to be an exciting match.

The Denver Broncos have a 15-3 record and the league's top offence, but the Seattle Seahawks have a 15-3 record and the league's top defence, so both teams will likely stay in a zero-zero deadlock for hours, parrying every move with a perfectly mirrored countermove just like when superheroes fight their doppelgängers in movies.

We know all about the Big Game, but have you ever wondered how it got this way? No? Then don't read this History of the Super Bowl.

1966: PepsiCo and Kraft Foods create the Super Bowl as a way to sell more food and drink during the slow winter months. Advertisers create an elaborate backstory detailing the "history of American football" that, amusingly, many still believe.



HE SAYS

John Mazerolle

metronews.ca

1967: Super Bowl I is held in front of 4,000 screaming fans. Back then the ball weighed 25 pounds, helmets were made of papier-mâché, and no touching was allowed.

1968: Vince Lombardi coaches and wins his last big championship in Super Bowl II, just moments before he is killed in a tragic Gatorade-dumping accident.

1971: Quarterback Joe Namath is given official status as the Default Football Answer for Trivial Pursuit Players Who Know Nothing About Football, a title he will not relinquish until the rise of Joe Montana.

1972: The Miami Dolphins have a perfect season, making them the only 53 people alive with the right to cast the first stone.

1976: Half-time act University of Arizona Marching Band has a mass wardrobe malfunction, with nipples visible all over the place. The fiasco happens in the days before DVR, however, so viewers just say, "Did you see that?" and leave it there.

1986: William "The Refrigerator" Perry becomes the heaviest man to ever score a Super Bowl touchdown. His feat is less surpris-

ing when one realizes his background as a member of a daring, highly trained special-missions force whose purpose was to defend human freedom against Cobra, a ruthless, terrorist organization determined to rule the world.

1987: After a strike-shortened series, the Washington Redskins win the Super Bowl when running back John Riggins is the last man standing in an 858-man Royal Rumble.

1991: Reflecting musical trends of the day, frequent half-time performer Up With People is replaced for the first time by Down With Everything.

2008: The New England Patriots lose their first game of the season in the Super Bowl, sending a deluge of "Perfect Season" T-shirts to small villages in South America.

2013: For legal reasons, the half-time show is a lecture by U.S. Surgeon General Boris Lushniak on the dangers of traumatic brain injury.

What might happen this year? Who knows? But one thing is for certain: It's one of the best times of the year to "work" in journalism because between the game, the half-time show, the parties and the commercials, it's the one date when four non-stories (four!) fill the news cycle simultaneously. Touchdown!

ZOOM

Up Helly Aa!: Fire in the Shetlands



ALL IMAGES: JEFF J MITCHELL/GETTY IMAGES



The Guizer Jarl, the leader of the squad of hairy, hardy Viking "guizers," walks along the town streets.

Don'tcha wanna know why they keep starting fires?

Thousands of latter-day Viking warriors have descended on Scotland's Shetland Islands to celebrate Up Helly Aa, the largest fire festival in Europe.

Held on the last Tuesday of January, the fiery event sees a replica Viking longboat being hauled through the streets of Lerwick to the edge of town



The origins of the event come from the early 1800s, when, following the Napoleonic Wars, Lerwick was the home of many returning soldiers and sailors, who were keen on burning things to celebrate.

where up to 1,000 paraders (known as the Jarl Squad)

throw their flaming torches into the galley. METRO

Clickbait



HANNAH ZITNER

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Though there's no shortage of music players or streaming services online, there's still just nothing that rivals

the selection of good ol' YouTube. But if annoying ads, senseless playlists and clunky searching keeps you from tuning into YouTube's mega library, Chrome has come to the rescue. Still in beta, Streamus is a new extension that lets users stream from YouTube without ever having to actually go to YouTube.com. Here's how it works:

Streamus

1: Once you've downloaded Streamus from the Chrome Web Store, type Streamus, then TAB, into Chrome's search bar followed by the song you want to hear.

2: Click the S icon on the right of your

browser to add songs and create playlists (don't need a Google/YouTube account!).

3: Once you've heard all your jams, enable the radio by clicking the Wi-Fi-looking icon at the bottom of the playlist.

Twitter

A petition to deport



@justinbieber

from the U.S. gets more than 100,000 signatures, which means the White House has to formally respond. What should they do?

@55EYFD: Caveat Emptor America! He's your problem now.

@SCCASMOM how about they worry about the shootings at schools and work on their firearms law instead of focusing on a

spoiled rich kid?

@WillyRBeek they can do whatever they want, just so long as they don't send him back here!

@AEphotoWPG The US doesn't want him, Canada doesn't want him back. Somalia, perhaps? Beirut?

@justDarylD We'll take him back if they take Rob Ford

@Kossovian Sure! It would make all the Canadian Beliebers happy. Think of the income tax added to our government's coffers! #JustinBieber

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Youtube singing sensation McIntosh has a sweet secret

Young Guns tour.
Recent high school grad Jordan McIntosh jumps from online stardom to the stage



JENNIFER LARAWAY
Jennifer Laraway
edmonton@metronews.ca

Jordan McIntosh earned his country singing stripes through YouTube. Now the young sensation, who only graduated high school last year, is ready to make the jump from online to onstage as part of The Young Guns cross-country tour.

"I'm really excited to head out on my first concert tour, to see the fans and learn more through the talent going with us," says the 18-year-old performer, who will join Brett Kissel and One More Girl on the Young Guns tour. "It's cool to experience all this and do it young. It's almost like I am getting a head start, which seems to be something that people have to wait until they are older to get to do it."

For as much notoriety as McIntosh gained online, touring didn't just fall into his lap. In fact, he's been working in the studio for over a year to hone his style. "I think every kid who wants to be a singer has dream to be a big star. Of course, I had that dream too but in the back of your mind, you know this is a one-in-a-million thing and not everyone gets

Information

- **Go to the gig.** Tickets for the show are \$20 in advance from Cook County Saloon or visit cookcountysaloon.com

- **Popular.** McIntosh has hit more than 200,000 views on YouTube.

- **Current hit.** His latest single is called Grew Up In A Country Song.

to do it.

"It occurred to me that I might be able to do it when (iROC music label) showed up after seeing me on YouTube saying they believed in me and what I could do. We worked together for a year before signing anything. It was a lot of studio and vocal work."

The studio became somewhat of a boot camp for McIntosh, who would spend hours on his craft, which includes three singles and a recently released holiday track. It was there a producer let him in on an industry secret. "Apparently, Oreo cookies help you hit your high notes," the singer says with a laugh. The producer swore by it and sure enough McIntosh says he hit his notes after eating them.

But, he won't be hopped up on sugar when he performs Feb. 12 at Cook County Saloon. "Before a show, I am super excited to perform so I need to take time to relax, drink some lemon tea, and get in the zone so when I take the stage, I am ready to rock it."



YouTube sensation Jordan McIntosh joins Brett Kissel and One More Girl at Cook County Saloon on Feb. 12. CONTRIBUTED

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Director weaves comic book storylines with harsh realities



Rhymes for Young Ghouls is Jeff Barnaby's first feature film. It opens on Friday in Toronto. CONTRIBUTED

Real life villains. A Mi'kmaq teen in the residential school system takes revenge in Jeff Barnaby's *Rhymes for Young Ghouls*



RICHARD
CROUSE
scene@metronews.ca

Writing in the Toronto International Film Festival program book, Steve Gravestock said *Rhymes for Young Ghouls* plays, "as if an S.E. Hinton novel were re-imagined as a righteously furious, surreal thriller."

The self-assured debut feature from director Jeff Barnaby is the story of Aila (Devery Jacobs), a Mi'kmaq teen who is guided by the spirits of her departed mother and brother to exact revenge against a vicious Indian Agent named Popper after she is thrown into the reserve's residential school.

"I think the idea behind what we were doing was to show the enormity of what went on," says Barnaby. "You do want to shock people but not with the content of the film but with the idea that the content of the film actually happened. Most of the re-

views have been astoundingly positive but the couple of bad ones that we've gotten have complained about the Popper role, and how over the top it is and how he is like this moustache twisting villain, but if you know the history, these guys had to have existed.

"I suppose you could be polite about saying, 'You can't leave the reserve and you can't go find work and you have to live in this poverty, and by the way, you have to give us your kids.' I'm sure there was an Indian Agent or truant officer somewhere who was really cool about it but at the end of the day these are the acts of evil men."

It's a pop culture savvy movie; a work Barnaby calls "a cinephile's film." A pop culture sponge himself, he says years of influences came together in the making of *Rhymes for Young Ghouls*.

"I grew up being saturated in everything, comic books, books," he says. "My stepmom was going to university at the time so she was bringing home all these great books, like Eng-

lish poetry, T.S. Eliot and Robert Frost, so I began to appreciate art at a very early age."

Near the top of the influence list are Batman and Conan the Barbarian.

"They are both anti-heroes but they share this idea of not being above physical violence in order to rectify a situation," he says. "They both lost their parents, they're both vigilantes particularly with Conan we follow the storyline of the first Schwarzenegger movie—a religious cult comes along and destroys his family and he goes searching for them and destroys the cult. That is more or less the model we used for *Rhymes* although very loosely, in the way Scorsese says he used *The Searchers* for *Taxi Driver*."

He also cites Scott Hampton's *The Upturned Stone*, Dashiell Hammett's *Red Harvest* and Chuck Palahniuk's *Fight Club* but adds the influences go "through all these filters and by the time it hits the screen what you are trying to emulate has turned into something completely different."

Quoted

"You do want to shock people but not with the content of the film but with the idea that the content of the film actually happened."

Jeff Barnaby, director of *Rhymes for Young Ghouls*

Indigo bestsellers

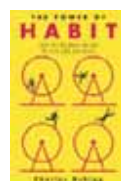
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2. THE POWER OF HABIT Charles Duhigg

In *The Power of Habit*, award-winning business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist, and how this new science can transform our lives. Weeks on List: 4

This Week

Weeks on List

- | | |
|---|---|
| 3. MY JOURNEY Olivia Chow | 2 |
| 4. THE DEMONOLOGIST Andrew Pyper | 3 |
| 5. LIFE AFTER LIFE Kate Atkinson | 4 |
| 6. COLD HARD TRUTH ON FAMILY KIDS & MONEY Kevin O'Leary | 4 |
| 7. JOYOUS HEALTH Joy McCarthy | 3 |
| 8. THE DEAD IN THEIR VAULTED ARCHES Alan Bradley | 3 |
| 9. ALL IN Arlene Dickinson | 4 |
| 10. DUTY Robert M. Gates | 2 |
| 11. STOP OVERTHINKING YOUR MONEY Preet Banerjee | 4 |
| 12. THE POUND A DAY DIET Rocco Dispirito | 4 |
| 13. FIRST LOVE James Patterson | 3 |
| 14. THE START HERE DIET Tosca Reno | 4 |
| 15. HAZARDOUS DUTY W.E.B. Griffin | 4 |
| 16. DARK WOLF Christine Feehan | 4 |
| 17. THE CONFIDENT MOM Joyce Meyer | 2 |
| ★ 18. DARK BITES Sherrilyn Kenyon | 1 |
| ★ 19. DEADLINE Sandra Brown | 1 |
| ★ 20. ALL JOY AND NO FUN Jennifer Senior | 1 |

Combined Fiction and Non-Fiction Bestsellers for the week, ending February 3rd

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Winslet's roles all labours of love

Labor Day. Actress and mother of three has a knack for making brokenness and vulnerability sensual

Before a reporter has barely entered the room, Kate Winslet has defused any formality. After shedding her heels, she announces her exasperation about actors (especially herself) talking about themselves.

"Don't you find yourself nodding off and going, 'Here they go again?'" she asks. "I know that I love my job. I (expletive) hate talking about how much I love my job because how can you talk about that without sounding really indulgent?"

She may be a regular honoree at awards shows and a constant presence in prestigious projects from *Sense and Sensibility* to *The Reader*. But Winslet, who grew up in a large, working-class family outside London, has an uncommon candour and easy uninhibitedness that has made her both an engagingly down-to-earth personality and a naturalistic actress with quick access to deep emotions.

Winslet was seven-months pregnant at an interview last September at the Toronto International Film Festival, where she debuted *Labor Day*, a Jason Reitman-directed drama opening in theatres Friday. In December, she gave birth to a boy, her third child and first with her third husband, Ned Rocknroll, the nephew of billionaire Richard Branson. (Winslet has a child



Kate Winslet stars in *Labor Day*, which opens Friday. CONTRIBUTED

with each previous husband, Sam Mendes and Jim Threapleton.)

Parenthood was a particularly obvious conversation subject for Winslet, not just because she was pregnant at the time, but because she has recently strung together a series of memorable, varied portraits of motherhood. It's no coincidence, she says. "I have been a parent since I was 25," says the 38-year-old Winslet. "That's a large chunk of my adult life. Mother or father, it transforms you completely."

In *Labor Day*, based on the 1957 novel by Joyce Maynard, she plays a single mom, Adele, with a 13-year-old son (Gattlin Griffith) in a small New England town. An escaped convict (Josh Brolin) upends their domestic life when he kidnaps them and hides out at their house. But it's not terror that follows: The convict is a gentle, welcome presence in a home that has lacked for a man. Left by her husband after several miscarriages, Adele had turned into a virtual shut-in, but is slowly awakened again by an unlikely love.

It's a clear career pivot toward drama for Reitman. But he also sees a commonality in a tale of a kind-hearted

Quoted

"There are a lot of actresses who can play broken people, but she does it without judging them. She does them and allows them to bloom at the same time."

Director Jason Reitman on Kate Winslet's ability to play complex characters

convict following films about a big-tobacco lobbyist (*Thank You for Smoking*), a pregnant teenager (*Juno*) and a guy who fires people for a living (*Up in the Air*). "These apparently are my heroes," he says.

Reitman wrote the screenplay from Maynard's novel with Winslet specifically in mind, and waited a year for her schedule to open up. (He filled the gap with *Young Adult*.)

"I don't know another actress who knows how to deal with this kind of brokenness and vulnerability and make it so sensual," says Reitman. "There are a lot of actresses

Mum's the word

As a mother of three, Winslet is no stranger to playing mom. But she's also tackled plenty of complex matriarchal roles. Here's a few.

- **Little Children (2006).** Winslet plays an unhappy stay-at-home suburban mom drawn to a neighbourhood father.
- **Revolutionary Road (2008).** She struggles as an expectant mother in a loveless marriage.
- **Mildred Pierce (HBO miniseries 2011).** Winslet is a divorced single mom trying to open a restaurant business in the Depression era.

who can play broken people, but she does it without judging them. She does them and allows them to bloom at the same time."

Though playing a mother in movies often means being relegated to the outskirts of the drama, Winslet's characters have had lives that aren't defined solely by children, but remain passionate, complicated individuals.

But the HBO miniseries *Mildred Pierce* was Winslet's greatest examination of motherhood. She played a striving, Depression-era woman separated from her husband and heartbroken by a spoiled teenager daughter.

"That film kind of almost saved my life," says Winslet. "It came along at a time when I was going through my divorce with Sam. Anyone who's been through divorce will know that every day is really hard. There were days on *Mildred* where I would just think, 'I actually don't know how I'm go-

ing to get through this day.' Somehow, I think, because the character I was playing was actually my life, it was almost like therapy."

Winslet's acting, though, has been fueled by being an outlet from her more humble day-to-day life.

"As an adult and a parent, when I'm not acting, I'm not acting," says Winslet. "I'm being a parent and I'm on the school run and I'm sewing labels onto socks. That's what I'm doing. So when I do it, it's just such a treat. It's such a privilege and such a pleasure. It's almost like my time. It's the one thing I do that's marked for me."

For her previous children, Winslet largely cleared out her schedule entirely, deciding when to dive back to work after birth. Now, though, she says she has to carefully plan every film far in advance, scheduling around her kids. Also, the *Titanic* star adds, "I can't leave it perhaps as much to chance as I was able to in my 20s when I was, I think, much louder and exploding in so many ways."

She has several films upcoming, including the anticipated young-adult dystopian adventure *Divergent* (she plays the villain) and the Alan Rickman-directed *A Little Chaos*, about a pair of landscape gardeners who compete to create a fountain at Versailles. With family life making her particularly selective, she says she's especially motivated to avoid anything "workaday": "I never want to have that feeling," she says.

"For me, the stakes get higher because I do so little," says Winslet. "I do absolutely want to feel absolutely stretched and pulled and chewed and spat out and trodden on — all of those things. It's my big burst of creativity and I want to be able to make the most of those moments."

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When things go south, hide out in Canada

Mother Up!

Eva Longoria is loving her new animated series, claiming the animation gives the stories 'more of an edge'

Eva Longoria says she's hoping to inject a little female energy into the world of animated television.

The former *Desperate Housewives* star says it's one of the reasons she's now doing the animated series *Mother Up!* for City.

"I've never done a full animated series before. I've done some voice-over work and I thought, 'Oh my God, this would be so much fun to do,'" Longoria said last spring during a stop in Toronto to promote the largely Canadian-made comedy.

"They approached me with the idea of having a female-oriented show, which is non-existent in anima-



Mother Up! airs Thursdays at 9:30 p.m. on City. THE ASSOCIATED PRESS FILE

tion.

You know, you have the *Family Guy*, you have *American Dad*, you have *The Simpsons*, and so there was like a void of female energy

within the space."

In *Mother Up!*, Longoria provides the voice of lead character Rudi, a high-powered Manhattan music executive who is forced to leave

her job when a public relations scandal erupts.

She decides to flee to Wiltondale, Canada until the heat dies down, and dedicates herself to becoming a

Quoted

"You can do more in animation than you can in live action."

Eva Longoria on the creative freedom that *Mother Up!* offers

full-time suburban mom to her two kids.

Needless to say, the transition is not smooth. Although the hard-drinking, foul-mouthed Rudi is a shark when it comes to juggling needy celebrities and aggressive media reporters, she's a disaster among little ones.

"She thinks her business skills should transfer over to the parenting skills and she doesn't know why it's not working. She really isn't cut from the mom cloth," said Longoria, who also serves as an executive producer.

The cast includes Jesse Camacho of *Less Than Kind* and Rebecca Husain as Rudi's children Dick and Apple, while Gabrielle Miller of *Corner Gas* and Clé Bennett of

Flashpoint provide the voices of Rudi's pals.

The show was developed by Rogers Media and co-produced by Canadian companies Breakthrough Entertainment and Bardel Entertainment, in association with U.S.-based Mass Animation.

The series is available in the United States through the digital streaming service Hulu.

Longoria said working in animation allows for stories with "more of an edge."

"You can do more in animation than you can in live action," said the petite brunette, whose beleaguered character Gaby on the sudsy *Desperate Housewives* weathered her share of outrageous trials.

"All the themes and content that we deal with has been heightened because it's an animated show. So we're kind of allowed to do that, which is a lot of fun to be able to do, push the envelope in an animated form."

THE CANADIAN PRESS



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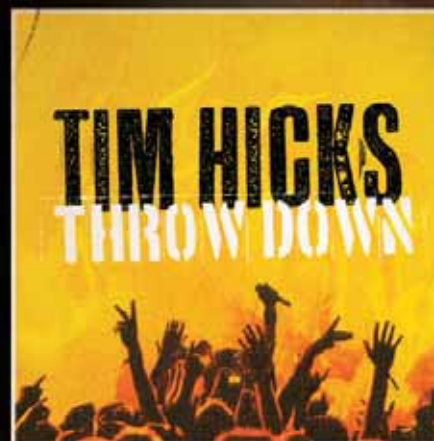
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10 YEARS

Pitching the procedural for dark drama

19-2. Montreal-based police drama was a smash hit in its original French form

Helming a TV show based on an established hit brings with it certain pressures, admits veteran actor Adrian Holmes.

But the star of Bravo's new cop drama 19-2 says he's eager to introduce anglophone audiences to the gritty world of Montreal beat cops grappling with issues on-and-off the job.

His new hour-long venture is an English-language remake of the Quebec series of the same name, and Holmes says pains were taken to maintain the unique sensibilities that made the French-language version a smash.

That means refraining from typical police procedural formulas that revolve around a crime-of-the-week, and focusing instead on a slow-burning, character-driven saga where conflicts explode from the unexpected.



From left, actors Jared Keeso and Adrian Holmes star in 19-2. CONTRIBUTED

"It's not just about the calls that they get sent out on, they're battling with their issues that they go through on their day-to-day as well as the calls," Holmes says in a re-

cent interview from Vancouver, where he was working on his other regular shows, the sci-fi series Continuum and the vigilante drama Arrow.

"Every episode is (about):

How much further have they developed? And have they grown and evolved through all their stuff?"

Holmes praises writers for applying a subtle touch

Watch it

- **Time and date.** 19-2 airs Wednesday on Bravo and repeats Thursday on CTV.

to clashes ranging from deadly showdowns to bitter office politics, an approach that he says makes room for silences and simple banter, and "a real-life kind of energy."

Holmes stars as battle-scarred patrol officer Nick Barron, who has just returned from a three-month leave after witnessing the brutal shooting of his partner. Whether he's actually ready to return to the job is up for debate.

"He wants to do the right thing, he really means well, he's got such a great heart but because of his upbringing he didn't have all the tools that he needed to ... handle the obstacles that were thrown at him," Holmes says of the volatile Nick.

"To be able to play a character like that is just a real

treat and a great workout for an actor."

The day Nick returns, he's partnered with Ben Chartier, a by-the-books smalltown cop who has just moved to the big city. It doesn't take long for the decorated newcomer, played by Jared Keeso, to inadvertently find himself in hot water with superiors, co-workers and suspects.

Keeso says he knew the series was special the moment he read the script and discovered how dark it was willing to go.

"I thought that it was something that you don't really see a lot of on Canadian TV," Keeso says of the myriad minefields each cop must negotiate while patrolling the downtown's 19th district, in cruiser No. 2.

"It's one of those shows (where) you get into the pocket and then you stay there. In trying to capture the truth of the job we don't offer a wink and nudge to the audience, we get into that dark place and we stay there."

THE CANADIAN PRESS



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Madonna ALL PHOTOS GETTY IMAGES

Make way, yet again, for Madonna

Madonna's not done with her recent string of public appearances — she also has signed on to introduce members of Pussy Riot at Amnesty International's human rights concert in New York. The pop singer made the announcement Wednesday morning on social media. She's been busy of late, appearing on Sunday's Grammy Awards with Macklemore &

Ryan Lewis and singing with Miley Cyrus during an MTV Unplugged taping Tuesday. Madonna says in a statement that she admires Maria Alyokhina and Nadezhda Tolokonnikova. They were recently released after nearly two years in jail following a conviction for hooliganism when they staged a protest in a Russian church.

THE ASSOCIATED PRESS

The curious ask George

George Clooney indulged fans in a raucous Reddit AMA ("ask me anything") session, and some of his answers were quite revealing — if not entirely serious — especially when it came to good pal Sandra Bullock, who is "an incredibly charming woman who's really just fun to hang out with. Very smart and centered, even though she does drink a lot," he wrote. "It's tricky because Sandy drinks so much that oftentimes it's just hard to keep her upright." Also worth clearing up? The idea that



George Clooney

Clooney has "lonely eyes," which he disputes — sort of. "I actually have only one lonely eye. The other eye's got nothing but friends," he replied.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Grant, in the case of many babies, Hugh are the father!

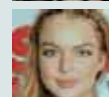
Hugh Grant is creating quite the army of heirs. It's already been reported that the Love Actually star fathered two children, one in 2011 and one in 2012, with a secret girlfriend, but now sources claim he had another child

in 2012 by another woman, according to the Sun. Grant's identity as the father of Swedish TV producer Anna Eberstein's child was kept secret until December, when the one-year-old boy's birth certificate was re-registered with Grant's name on it. "Anna is being supported by Hugh all the way," a source says. "She lives in a very comfortable property and knows that Hugh is there for her. Anna's parents in Sweden know all about the relationship and she has their blessing."

Twitter



@ricky_martin
My friend, it's all about learning, it's all about growing. Don't stop.



@lindsaylohan
snow adventures!



@Mruff221
My 8 Yr old's response to Presidents plan:fight Climate Change, push more Fossil Fuel Extraction,"that doesn't sound very smart."

Grab the no-name tea and crumpets this time



Queen Elizabeth II

It looks like Buckingham Palace is facing a financial crisis of its own. According to a report by the Commons Public Accounts Committee, Queen Elizabeth II and the rest of the royal family are "spending above their means and dipping into the

reserves. The balance now stands at an all-time low." So naturally some cost-cutting measures are being considered. "The Queen is always looking for ways to cut back," CNN's Victoria Arbiter says. "I think they are going to have to look at ways they can get creative in that way, whether that is opening up more palaces or more private rooms or more areas that have not been open to the public before."

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Stock style is on the rise



As the star of *The Wolf of Wall Street*, Leo gave us a look into the rich man's closet. CONTRIBUTED

Man à la mode. In homage to infamous banker Jordan Belfort, we've put together the '90s cut. It's time to take a gamble in the broker's best.

RICHARD PECKETT
Metro World News



Alden

leather penny loafers, \$829, browns-fashion.com



Ben Sherman

paisley tie, \$70, bensherman.com

Paul Smith London

Kensington slim-fit pin-stripe suit, \$1,690, mrporter.com



Nixon

The Spur, \$300, nixon.com

Trends Report

Valentine's 2015 is going to be a special day for many of you — that's the release date for the *Fifty Shades of Grey* movie! Even if you're not a fan of the erotic novels, grey-toned fashion and accessories are expected to be a huge trend this spring. Go online to Trends Report and see how you can look sexy in many shades of grey.



- Online. Follow Irene on Twitter at @MetrolreneK or Instagram: kuanirene; metronews.ca/voices/trends-report

Canadian street style

Spotted in: Vancouver

Name: Anna Kosturova

Age: 45

Occupation: Clothing designer

What she's wearing: Scarf by Isabel Marant for H&M, coat from Aritzia, shoes and bag from All Saints, jeans from GAP, shirt from Joe

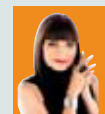


Fresh, sunglasses from H&M.

Her inspiration: "Classic with a twist of rock 'n' roll"

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Feet up+toes ready! Prepping for tomorrow's "shoe shoot" +getting excited about my cool new collection this spring.



Gonna miss my girl! My @Chanel Brick Bear is going off to @DesignExchange for #ThisIsNotaToy curated by @Pharrell

Your very own Super Bowl rings — well, kind of

FLASH FOOD



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"Compared to fries, when hand-dipped and made to order, onion rings are difficult for a restaurant to manage well," writes David Ort in *The Canadian Craft Beer Cookbook*. "I'll be honest that these aren't an everyday recipe for me, but if you're going to indulge, make sure you do it right."

"Surrounding hot slices of onion, the banana, orange and clove flavours in the witbier will brighten and concentrate. I use red onion for this recipe because I'm a bit of an oddball. Spanish onions are more traditional and are a good choice if you can't find a big enough (noticeably larger than your fist) red onion."

1. Lay out two cookie sheets and place a wire rack on each. This rig will work both for letting excess batter drip away and to cool the rings once they come out of the hot oil.

2. Set a Dutch oven over medium heat and fill with 2 inches (5 cm) of oil. Heat the oil to 375 F (190 C).

3. Pour the cold beer into a medium mixing bowl. Use a fine-mesh strainer to sift the flours into the beer. Add baking powder and salt, and mix to combine, but be careful not to overmix. Put slices of onion in



This recipe serves four to six. PHOTOS ROBIN SHARPE, FROM THE CANADIAN CRAFT BEER COOKBOOK (WHITECAP BOOKS)

a resealable bag or lidded container with the 2 tablespoons (30 ml) of rice flour and shake to coat the onion lightly.

4. Use tongs or chopsticks to transfer onion pieces from

flour to batter and then to the racks set over the cookie sheets, where excess batter can drop off.

5. Carefully transfer the battered rings to the hot oil and

continue to monitor the oil's temperature. Work in batches that are small enough to not crowd the pan. Cook for 2 to 3 minutes a side or until rings are deep golden brown. Hold cooked rings on a clean wire

rack while you fry subsequent batches. Season the rings with fine sea salt immediately after they come out of the hot oil.

RECIPES EXCERPTED FROM *THE CANADIAN CRAFT BEER COOKBOOK* (WHITECAP BOOKS) BY DAVID ORT

Cookbook of the Week

You love to drink it, now cook with it



Craft beer has soared in popularity and now David Ort offers an introduction to it and a broad range of recipes that use craft beer as an ingredient.

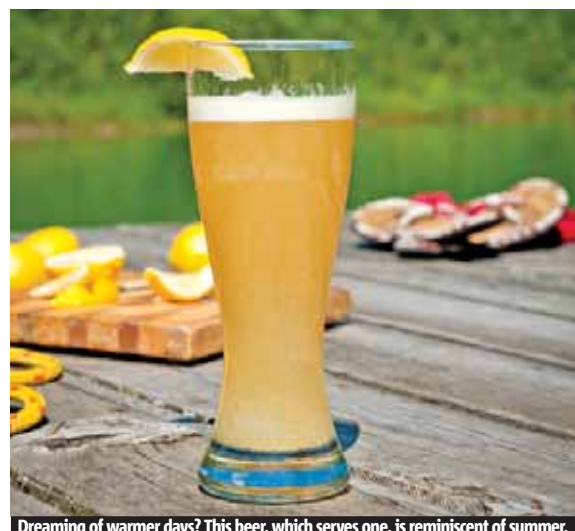
The Canadian Craft Beer Cookbook includes starters and snacks, noodle and rice dishes, seafood, meat and poultry; and even beer cocktails, sweets and desserts.

Each recipe includes a recommendation for a specific Canadian craft beer as the beer ingredient.

Among the recipes are: Tabbouleh, Clam Chowder, Jerk Chicken, Lamb Shank, Brownies, Rice Pudding and more. **METRO**

Ingredients

- 5 cups (1.25 l) peanut or rice bran oil
- 1 cup (250 ml) witbier, cold
- 2 oz (60 g) all-purpose flour (about 1/2 cup/125 ml)
- 2 oz (60 g) rice flour (about 1/4 cup/80 ml) plus 2 tbsp (30 ml) for dusting rings
- 1/2 tsp (2.5 ml) baking powder
- 1/4 tsp (1 ml) fine sea salt
- 1 large red onion, cut into 3/4-inch (2 cm) slices



Dreaming of warmer days? This beer, which serves one, is reminiscent of summer.

Drink. Radler

"This cocktail comes with an amusing back story," writes David Ort in *The Canadian Craft Beer Cookbook*. "In 1922 the owner of a country pub outside of Munich is overrun with a crowd of 'bikers' so large that he worries he'll run out of pilsner. Thinking quickly, he cuts the beer with sparkling lemonade and everyone goes home happy."

"Great yarn, but the drink was probably invented by 1912 and 'radler' is German for cyclist. Some sources allow the use of lemon-lime soda like 7UP or Sprite, but I really think it pays to find a sparkling lemonade that isn't quite as sweet. Mak-

ing your own sparkling lemonade is also a great excuse to use that seltzer maker you bought years ago and haven't used since the novelty wore off."

1. Chill both the lemonade and beer very well. Combine in equal proportions and serve in large mugs or tall glasses. Garnish with a lemon wedge.

Ingredients

- 2 cups (500 ml) sparkling lemonade
- 2 cups (500 ml) pilsner
- lemon wedge, for garnish

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MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

combined with a recipe box, shopping list, helpful categories, and voice controls makes collecting recipes a delight.

I COOK LIKE A PRO

3 of 100 View All



Shoyu Ramen

Bon Appetit! | September 2013
by Alison Roman

Add a splash of colour

It's time to inject some fresh hues and patterns into our homes, and there's no better opportunity to do it than while we wait for spring to arrive. So start waking up that tired, neutral decor scheme with shades ranging from strong to muted. These product picks, reminiscent of mid-century modern style, are pops of colour that can suit both modern and traditional interiors.



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

This sofa by designer Bethan Gray creates womb-like curves that offer a plush, padded welcome with a late 1950's vibe. The springtime blue, linen-like fabric is also stain resistant. Pennie sofa, \$1,260, crateandbarrel.com.



Sagaform's oversized coffee cups and saucers add a variety of colours to your dining table. Mix and match with the dish line to create a casual table service. POP coffee cup with saucer, \$18, eq3.com.

Owls still dominate the animal-decor kingdom and are the who's-who on this embroidered cotton pillow. Owl on Branch toss cushion, \$32, Urban Barn.



Shower with the world's largest paint chips in a retro monochrome scheme. Shades Of Blue shower curtain, \$20, simons.ca.



Add some spring green and orange to the floors with a cotton-viscose rug inspired by the spice colours of India. Fab dhurrie, 4 x 6 feet, \$475, ecarpetgallery.com.

Add the year's hottest shade to your bathroom and show guests you're on top of the colour trends — even if it's just in a washcloth. Lacoste Croc Wash berry washcloth, \$13.50, thebay.com.



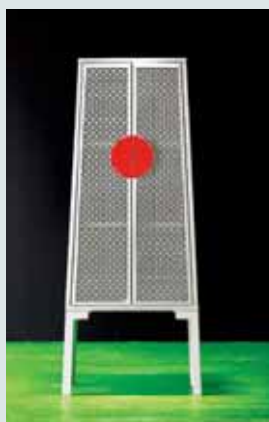
Capsule collection

A China-Scandi mashup? That's Ikea's Trendig

On Feb. 1, Ikea launches Trendig, the first in a number of limited collections consisting of around 30 products with a focus on dining and eating. The result is a fusion of Chinese culture and Scandinavian

design — a collaboration between designers and technicians from both countries. The main features of the Trendig limited collection products are the colours and patterns. Two shades of red (one on the orange side) and two shades of green dominate the collection, and are mixed with natural blonde materials. **METRO**

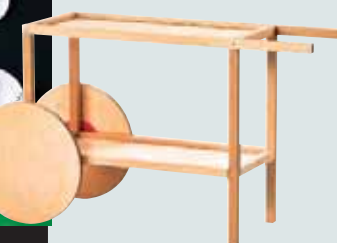
Trendig box with lid, set of three, \$16.99.



Left, Trendig powder coated steel cabinet in a light green with red handles, \$249. Middle, cotton fabrics in the Trendig collection are \$19.99 per metre. Right, assorted dishes from the collection. ALL PHOTOS IKEA



Below, Trendig occasional table in clear lacquered birch and steel, \$99.



CFL

Argos release backup QB

Zach Collaros won't have to wait until the start of CFL free agency to find out how much he'll be worth on the open market.

The Toronto Argonauts released the backup quarterback Wednesday, more than two weeks before Collaros was scheduled to become a free agent.

THE CANADIAN PRESS

Olympic team

Bigger hopefully better for Canada

Canada will send 221 athletes to the Sochi Olympics, its largest ever team for a Winter Games.

The Canadian Olympic Committee officially announced its full team Wednesday. Canada's team of 202 athletes finished third overall four years ago in Vancouver with 26 medals, but won a record 14 gold.

THE CANADIAN PRESS

State of uncertainty



"When you don't have a good season you expect

there's criticism that comes with that, that goes without saying, that's part of it."

Toronto Blue Jays general manager Alex Anthopoulos at Rogers Centre on Wednesday for the team's annual State of the Franchise event. Team president and CEO Paul Beeston and manager John Gibbons were also on hand to take questions as jazz played throughout the stadium and food and drinks were handed out to fans wondering just what the state of the team is.



Oilers goalie Ben Scrivens turns aside a shot by the Sharks' Joe Pavelski as Martin Marincin defends at Rexall Place on Wednesday. JASON FRANSON/THE CANADIAN PRESS

The Ben-chmark has been set high

NHL. Scrivens stops all 59 shots from San Jose to earn first shutout as member of Oilers

Ben Scrivens kicked out 59 shots in a spectacular performance that backstopped the Edmonton Oilers to a 3-0 victory Wednesday over the San Jose Sharks.

It equalled the most shots ever given up by the Oilers. They surrendered 59 to the New York Rangers in 1993, a game the Oilers won 4-3. They

On Wednesday

3

Oilers

0

Sharks

won their third straight game Wednesday totally because of the work of the recently obtained Scrivens.

Justin Schultz, Jordan Eberle and Taylor Hall scored for Edmonton.

The Oilers got off to an

other of their usual slow starts but escaped the first period with a 1-0 lead thanks to the outstanding work of Scrivens who stopped all 20 shots fired his way.

Obtained from Los Angeles in a trade on Jan. 15, Scrivens had to be extremely sharp to keep the Oilers in the game, getting in front of point-blank shots, close-in deflections, goalmouth scrambles and rebounds his defencemen failed to cover.

"He made some big saves," defenceman Nick Schultz said after the period. "We definitely have to clean things up in

our own end."

Scrivens flashed his glove to make two sparkling stops off Bracken Kearns and Demers seconds apart early in the second period. He got a well-deserved standing ovation late in the period after stopping Marleau twice — once on a quick breakaway — and then making his 41st and 42nd saves on a goalmouth scramble. He got several standing ovations in the third.

"That's probably the best performance I've seen so far," defenceman Philip Larsen said of Scrivens' play.

THE CANADIAN PRESS

4 SPORTS



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Slalom. Water? Snow? Mielzynski can ski on it

Canada's Erin Mielzynski loves being on skis — either on water or the slopes.

She's in her seventh year on the national alpine team but part of her foundation in the sport was built during her younger days when she'd water-ski on the lake at her family cottage.

"That's what we did five times a day, every day of the summer," the Guelph, Ont., native said. "That's what I loved doing. I was more trained as a water-skier."

It was on the water where Mielzynski developed the "twitch muscles" that have served her so well on snow. She would often focus on trick skiing and try to squeeze in as many moves as possible in a 20-second run.

That training helped her when she made the full-time transition to skiing on snow.

"Slalom is a very fast twitch, you do more than a gate a second and that's I think why I started to excel," she said in a recent interview. "I can find the rhythm of a course and create the power that's needed in that quick second."

Mielzynski skied the slopes of Georgian Peaks as a youngster, not far from her current hometown of Collingwood, Ont. She tried all the alpine disciplines in her formative years but really excelled at slalom.

"People noticed more talent there I think, more natural talent," she said. "So that's



Erin Mielzynski
GETTY IMAGES FILE

what I focused on. Now I'll bridge back out to what I was doing before too. I'll use what I've learned in my slalom to get better in the other events. That's how I made the team and so we stuck with that for a few years."

Mielzynski, now 23, water-skied at an elite level as a teenager. She competed in the junior world championships in 2006 and won silver in the jump competition.

Two years later, she got word that she had made the national alpine ski team.

"So I made the switch over and I gave (water-skiing) up cold turkey."

Mielzynski made her World Cup debut in the 2009-10 season and made the Olympic roster for the Vancouver Games. She feels the experience that came along with her 20th-place result will serve her well in Sochi. **THE CANADIAN PRESS**

Zigging and zagging to the podium

Erin Mielzynski had a breakout 2011-12 season. She won gold in Osterschwang, Germany, to become the first Canadian since Betsy Clifford in 1971 to win a World Cup

women's slalom race.

- She followed that up the following season with a World Cup bronze in Zagreb, Croatia.

This Super Bowl 'was meant for tough guys'

NFL. It's Denver's historic offence against Seattle's No. 1 defence with championship up for grabs on Sunday

That old maxim about defences winning championships has been spread on pretty heavily during Super Bowl week.

By the Broncos, of all teams.

Yes, the very same AFC champions who tore up the league with a record 606 points, 55 touchdowns coming off Peyton Manning's arm, have been touting how strong their defence has become.

Measure it against Seattle's unit, which allowed a very miserly 231 points and ranked first against the pass and in overall D, and the Broncos would seem to be whistling a hollow tune.

But linebacker Danny Trevathan, a breakout player in his second NFL season, sees plenty of greatness in his defence, too.

"Oh yeah. You are supposed to have that attitude," Trevathan said. "On defence you're not supposed to let guys push you over. You are supposed to be the aggressor on defence and you are supposed to have that attitude. I think that is what makes playing defence so passionate to me."

"I think this game was meant for tough guys. You can't be soft out here."

No one is soft on either of these teams, of course. On the contrary, it's only the second time in 20 years that the top seed in each conference got this far.

Notes from New Jersey

- **Not so cold.** As of Wednesday, no snow, or even rain, was being predicted by the National Weather Service for Sunday. The high is expected to be 3 C, which would make it the coldest of the 48 Super Bowls so far.

- **What's in a name?** "I had to admit, it was pretty catchy," says Seahawks safety Kam Chancellor on the team's "Legion of Boom" nickname.

- **How's her arm look?** Peyton Manning visited brother Eli at his home in Hoboken, N.J., on Tuesday night, but the topic of conversation wasn't the upcoming Super Bowl. Peyton got to meet and hold his seven-month-old niece Lucy for the first time.

It's also that classic matchup that so excites fans, media and, yes, players. The Seahawks can't wait for the chance to test themselves against Manning, seeking his second ring in an almost-certain Hall of Fame career.

"It's going to be a great challenge," middle linebacker Bobby Wagner said. "They're talented all across the board. They protect Peyton well and they run the ball well. He's definitely passed the ball well. It's up to us to do our jobs and make sure that we come ready to play."

THE ASSOCIATED PRESS



Seahawks star cornerback Richard Sherman speaks to reporters on Wednesday in Jersey City, N.J. JEFF ZELAVANSKY/GETTY IMAGES



The Broncos work out on Wednesday in East Rutherford, N.J. MARK HUMPHREY/THE ASSOCIATED PRESS

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Horoscopes

Aries

March 21 - April 20

This will be an enjoyable day and it will be more enjoyable still if you don't waste time worrying what others might think about what you are doing — or who you're doing it with!

Taurus

April 21 - May 21

If you need to ask a favour of someone in a position of authority, now is the time. Cosmic activity in the career area of your chart makes it easy for you to approach employers.

Gemini

May 22 - June 21

If others want to take control and decide what you are going to do together, you should let them. Today's new moon means you can afford to sit back and let partners make the difficult decisions.

Cancer

June 22 - July 23

Try to take things easy today because if you tire yourself out, physically or intellectually, it may take a while to recover. You don't need to be as intense as you usually are. Everything will turn out for the best no matter what you do.

Leo

July 24 - Aug. 23

Whatever goals you set over the next few days, you will reach them with ease. But don't spend all your time and energy on work: This is potentially one of the best days of the year for affairs of the heart.

Virgo

Aug. 24 - Sept. 23

Something you've worried about for weeks will resolve itself in your favour thanks to the new moon. There is a lesson: Nothing is ever worth getting too worked up about.

Libra

Sept. 24 - Oct. 23

You can sense that something marvelous is going to happen over the next 24 hours but you don't know what it is. Whatever it is, make the most of it.

Scorpio

Oct. 24 - Nov. 22

No matter how badly someone may have let you down, forgive them. There is no point holding a grudge, not when there are so many wonderful things going on in the world.

Sagittarius

Nov. 23 - Dec. 21

You should be feeling more relaxed about life now and today's new moon will put you in the mood to go out and have fun with your friends. Partnerships and relationships will make you happier than you ever thought possible.

Capricorn

Dec. 22 - Jan. 20

Lady Luck will smile on you today. Good things will come your way without you having to do very much at all to attract them. Having said that, don't give away any personal information and don't try too hard. Just let it happen.

Aquarius

Jan. 21 - Feb. 19

Today's new moon in your sign makes this the perfect time to start something you always wanted to do but never had the courage. Now you do — so get on and make it a success.

Pisces

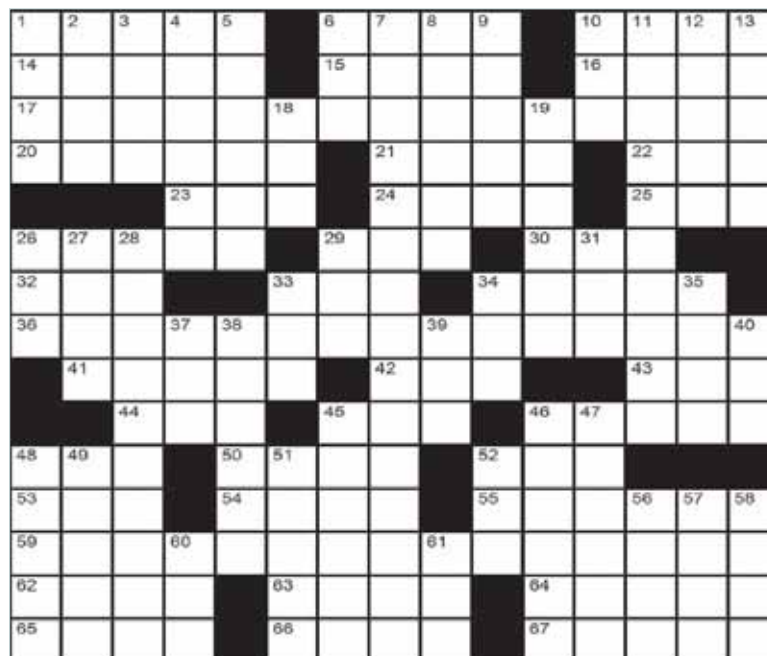
Feb. 20 - March 20

Why do you let doubts hold you back? You've got to be more ambitious and more adventurous. This could be the day when your life changes for the better — but only you can make it happen. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Ranching rope
6. "Cat on ___ Tin Roof" (1958)
10. From square one
14. Angered
15. Michael of "Juno" (2007)
16. Way
17. The Purcells, for one: acr. + wd. + wd.
20. Postpone
21. Pick a politician
22. Nourished
23. 'Trick' suffix
24. Cosmology's original matter
25. Some badges, e.g.
26. No longer 'in'
29. Montreal Mrs.
30. Company name abbr.
32. Dadaist Jean
33. Defence contractor, with Systems
34. Bug varieties
36. Woodlands worry: 2 wds.
41. Stan's comedy partner, cute-style
42. Help
43. Poetic contraction
44. Test tube's li'l locale
45. Ctrl, Shift, ___
46. Baseball Hall of Famer Mr. Sandberg's play, ___ Christie
48. Wane
50. Cutting remark
52. Racecar driver Mr. Fabi
53. Bovine's bellow



54. Sea wolf
55. NYC's infamous club, ___ 54
59. Canadian ice dancing legends/Olympians: 3 wds.
62. Eugene O'Neill play, ___ Christie
63. "The King ___" (1956)
64. Lucille Ball's co-star Desi

65. Many lipstick hues
66. Vocally vex
67. Like an annoying fly

Down

1. Ad-___ (Improvise)
2. Curve
3. Equivalent
4. Shoulder scarves
5. Hors d'___
6. Perform

7. Anvil and Helix, for example: 3 wds.
8. Baltimore baseball player
9. Aunt, in Montreal
10. Simon & Garfunkel's "I ___ Rock"
11. Book genre
12. Created by U2's guitarist?
13. Unwanted plants
18. Napoleonic Wars

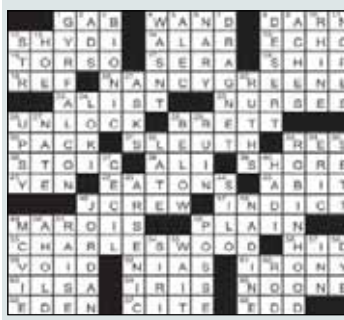
- marshal
19. Doing that sleep state thing, say
26. ___-Man
27. Folkie Mr. Guthrie
28. 1945 Ingrid Bergman/Gregory Peck thriller
29. Egyptian ___ (Cat breed)
31. Bug
33. Pre-A.D. time

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

- alternative
34. "Oh, ___!" (1977)
35. Snick-or-___
37. ___ carte
38. Gift box decoration
39. English ___
40. Li'l weight units
45. Secrets to some
46. Capture all over again
47. Lionel Richie song that starts "Baby you'll find / There's only one love...": 2 wds.
48. Put into a cell
49. American frontiersman Daniel (b.1734 - d.1820)
51. Backward on the boat
52. "How naughty!"
56. Mr. Aykroyd's
57. "Take ___ face value."
58. Sharon's rocker hubby
60. Univ. dorm supervisors
61. Dunk

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: -16°
MIN: -21°

FRIDAY



MAX: -11°
MIN: -17°

SATURDAY



MAX: -10°
MIN: -21°



MICHELE MCDUGALL
WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." **WEEKDAYS 5:30 AM**



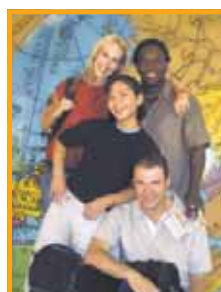
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